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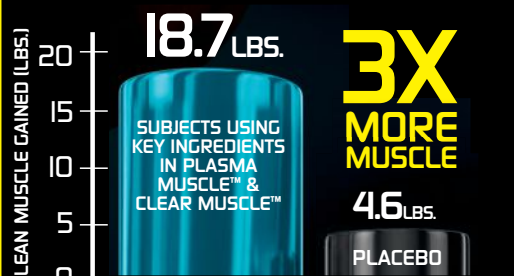




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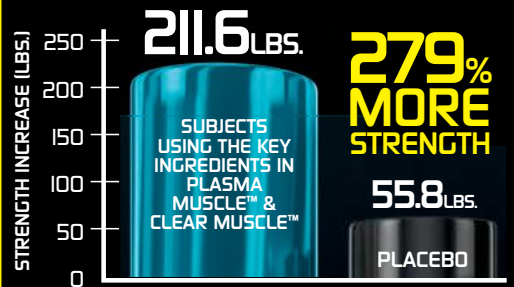


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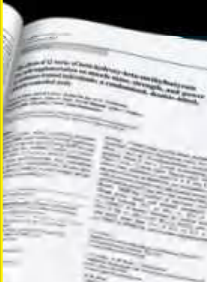


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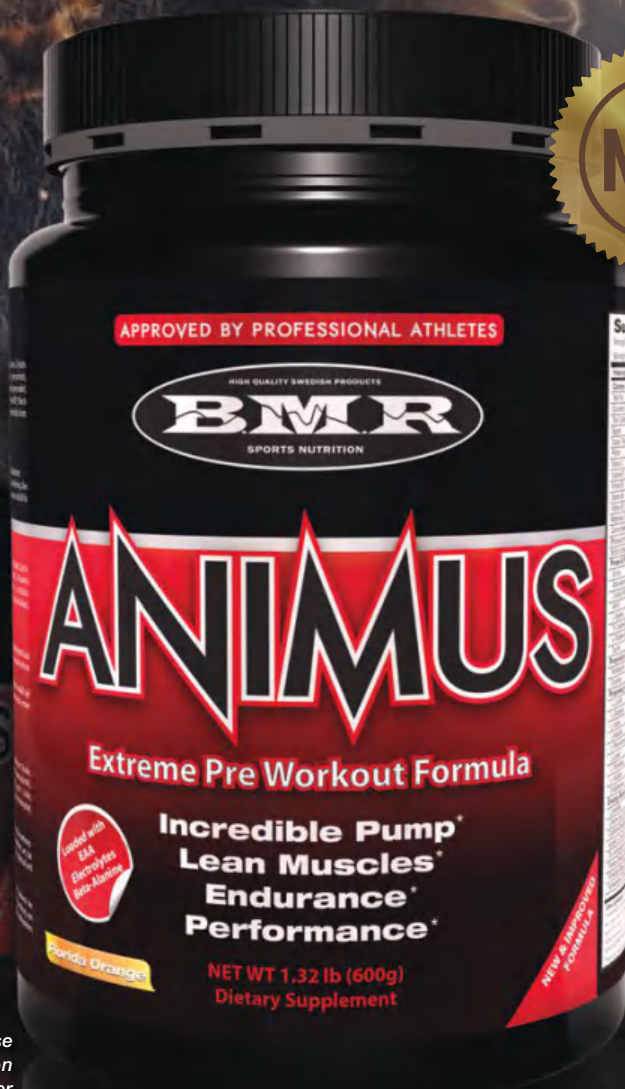
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# IRON MAN

SEPTEMBER 2015

On the Cover  
ANTON ANTIPOV  
Photo by Jason Ellis

**44**  
ANTON  
ANTIPOV

Better Bodies



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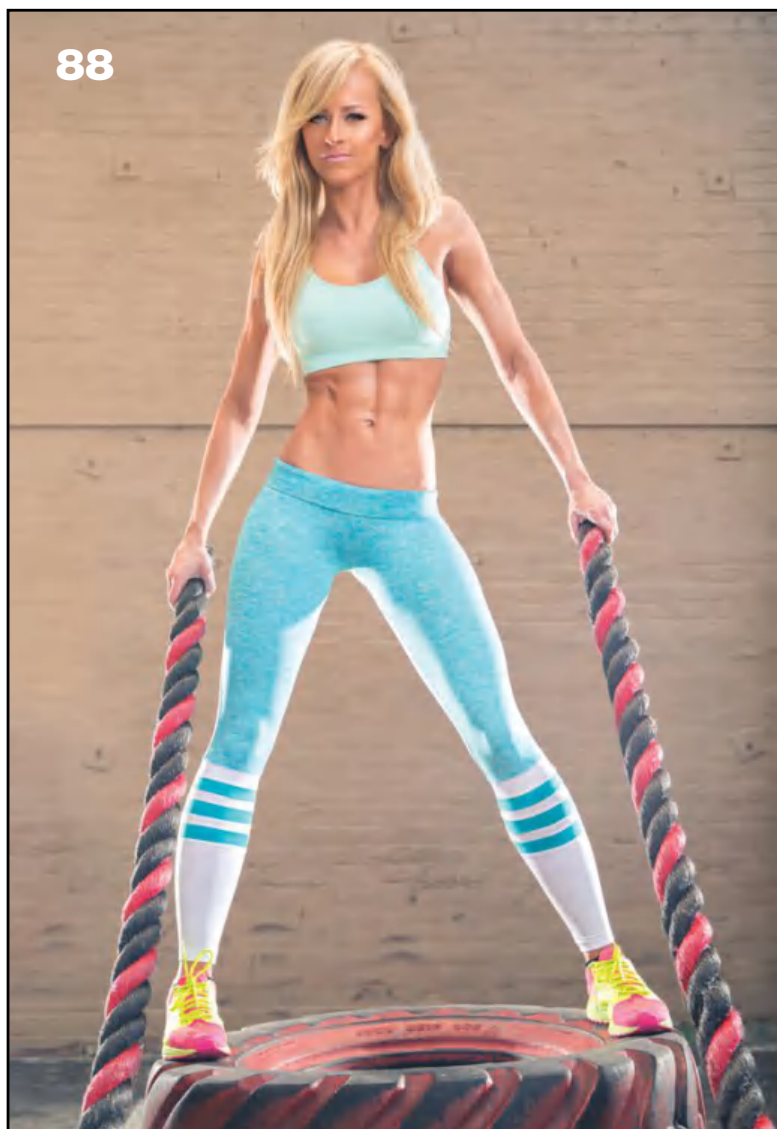
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International Physique sensation Sergi Constance puts current Physique pros on notice as he prepares to enter the professional stage. The October issue of *Iron Man* hits newsstands October 1.

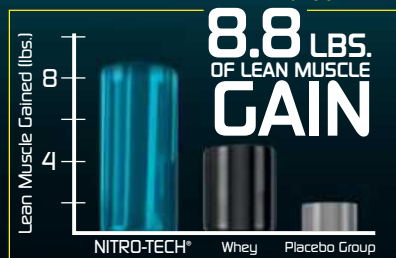


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## Keeping Up With *Iron Man*



I recently had the great pleasure of meeting the CEO of Blitz Publication and *Iron Man* licensee in Australia, Silvio Morelli, while he was passing through Los Angeles. I was eager to hear everything about health and fitness growth and changes in Australia over the last couple of years. Access to information and globalization of our industry has been evolving quickly. Trends are changing as well, and that has made me realize the important role of our international editions. Delivering our magazine to your doorstep, your favorite newsstand, or your local grocery store is no

longer the only way we get to share our package of ideas, words, photos, and images created by our amazing group of experts and editors. Smartphones, tablets, laptops, social media, and YouTube are just a few ways of expanding our reach to inspire, inform, and transform. Now we even let you follow our photo shoots live through Periscope, so make sure to drop in and see what's new.

There is a feature this month that I particularly like because it combines a great read with intriguing photographs to perfectly describe the talented and hard-working WWE Diva Summer Rae. She uses her fame to

inspire and educate the public about the importance of fitness and staying fit all year round, even with an insanely busy schedule.

I truly wish we could deliver our magazine more often than once a month, as we have so much to share with you. Our website is now being updated multiple times a day, so don't forget to check in daily.

**Binais Begovic**

## IRON MAN™

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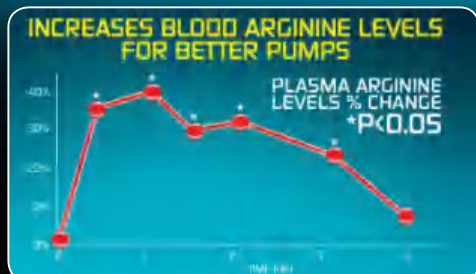
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# Contributors

## SPECIAL THANKS



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After serving in the U.S. Navy as a rescue swimmer, Burrill obtained a culinary degree at Le Cordon Bleu in Paris, a graduate degree in journalism from Columbia University, and a WSET Level 2 wine certification. She's a host for the Travel and Cooking channels and is a freelance writer, fitness model, and triathlete. Check out her adventures in travel, food, and fitness at her website [apronsandsneakers.com](http://apronsandsneakers.com).



### Jenevieve Roper, PhD (ABD)

Jenevieve Roper, PhD (ABD), CSCS is completing her doctoral program in exercise science at the University of New Mexico where her research interests include running injuries and sport performance. She hits the gym five to six days per week. She enjoys running and playing sand volleyball and flag football.



### Roger Lockridge

Roger "Rock" Lockridge has written for *Iron Man* since 2011. He's also contributed to Bodybuilding.com, Labrada Nutrition, and numerous other websites. In 2009, his first year as a published writer, he was named Bodybuilding.com Male Writer of the Year. For more info, check out [rogerrocklockridge.com](http://rogerrocklockridge.com).



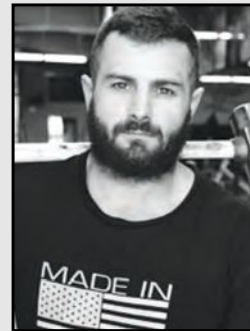
### Adam Gonzalez, PhD

Adam M. Gonzalez received his PhD in Exercise Physiology at the University of Central Florida and is currently an assistant professor at Hofstra University. Gonzalez is also an NGA Natural Physique Pro. A frequent contributor to Bodybuilding.com, Gonzalez covers developments and strategies in training, nutrition, and supplementation for *Iron Man*.



### Scott Paltos

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### Eddie Avakoff

Eddie Avakoff is the owner of Metroflex LBC and Kratos Training Grounds in Southern California. After retiring from professional triathlon, Avakoff began competing in powerlifting and strongman concurrently with endurance events such as obstacle-course races. This experience has provided him with a unique outlook on training. His methods have been applied to elite athletes from the Army, Air Force, NFL, NHL, MLB, UFC, and NCAA.



# NEW & EXCLUSIVE PROTEIN INNOVATION

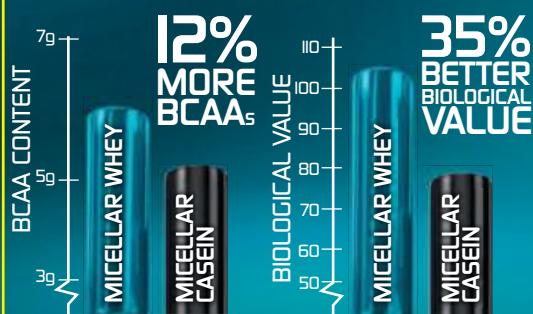
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INCREASE YOUR MUSCLE NOT YOUR GUT

# TRAIN TO GAIN

## ● THE FRONT SQUAT

By Scott Paltos

Squat. Squat. Squat. There are few movements that activate the nervous system, recruit muscle fibers, and build structural integrity like the squat. In all honesty, there may not actually be any other exercise with as much total-body benefit. And there are so many valuable variations of the squat. One that has received much more awareness due to the increasing popularity of Olympic-style weightlifting is the front squat. You've already seen the front squat make cameo appearances in the weight room in the past, but with Olympic weightlifting getting pushed out into the open, thanks to CrossFit putting its stamp on the movement, and the fact that sporting-goods stores now carry specific weightlifting shoes that are used for front squatting, this exercise has been getting more and more exposure.

Some find the front squat more comfortable than the back squat. This preference will vary widely between individuals depending on mobility, flexibility, history of injury, and even femur length. I'm not recommending that you ditch the back squat and only use the front squat, but I am saying that the front squat is a great tool to fully develop your legs. It can be used as a primary heavy mover or a secondary mover. There are some days I'll program my athletes so the front squat is the finisher for the day. Conversely, our 10/20/Life team uses the front squat as a great follow-up to the deadlift to help accentuate that push from the quads to start the lift. Be safe, have fun, and have a plan.

**Barbell Setup:** The barbell is going to be held and loaded across the front of your shoulders. The stabilization of the weight is in an anterior position and will demand a much more upright positioning with the torso. Set the loaded barbell in a power rack at about the same height you would for a back squat.

**Barbell Loading Position:** Here's where it can get dicey. In a typical front squat, the barbell is in the rack position. This is what is used in

Olympic weightlifting and is a precursor to the overhead press as well as clean variations. The bar sits across the front delts, and the hands are relaxed and supporting the bar from underneath. Since the delts are holding the weight like a shelf, it's okay if the pinkie and ring finger come out from underneath the bar. The most important factor is the elbows. The elbows must remain as elevated as possible. If the elbows drop, the weight will come forward and pitch the whole body out of position.

**Front Squat Style:** A lot of lifters who have a bodybuilding-style background have a difficult time with the rack position due to mobility limitations, meathead tradition, or just plain comfort. A number of front squatters use the "genie" technique in which their arms are folded over the bar and elbows are elevated. The bar still rests across the crease of the front delts, but the hands do zero work. There are also special pieces of equipment that will help position the bar in the same space with minimal wrist function, and some people even use lifting straps to alleviate discomfort if their wrists don't have the mobility to get into the rack position. Any of these options are fine. In my opinion, if the purpose is to front squat, the positioning needs to be the safest it can be so the lifter can focus on moving the weight.

**What Moves First:** There is no difference in the initial movements of a front squat and back squat. In both exercises, the hips must hinge and then drop to load the front squat properly. Considering the position of the barbell, the torso stays more erect in a front squat than a back squat, but the mechanics of the hips must initiate movement. Don't start the squat with a "full speed" knee bend and dive-bomber drop. Even when watching the best Olympic lifters, guys who are all about speed and power, you will see that it's the hips and not the knees that initiate and load first.

**Find Your Depth:** After the hip hinge and descent, you need to

make sure to find a good depth. Apologies to all the people who rabidly preach "ass to grass," but there is no wrong or right depth. You need to make sure that the depth you go to is safe and right for you. If parallel is all you can go without pain, then that's your depth. If you can safely squat to "Olympic" depth, then that's okay, too. Try to increase your depth as you become more mobile, but for each workout, make sure your range of motion is safe and pain-free.

**Getting Out Of The Hole:** Accelerating out of the bottom is key. Drive through your heel and mid-foot, and finish by firing the glutes and hips. You're going to get a ton of quad, glute, and posterior-chain activation during the whole squat. Just make sure those glutes are coming strong out of the descent and are the main drivers in finishing the lift. There are many varieties of where to stop and hold tension, but for now focus on finishing the lift safely in the upright position.

**Direction And Leg Focus:** Naturally, with the barbell loaded anteriorly, there will be a tremendous amount of core/trunk stabilization. The quadriceps will be utilized and activated more so than the posterior chain. Kinetically this is just natural, but don't assume this is an isolation exercise for the quads. There is plenty of work for the glutes and hips, as well as hamstring activation in the low to middle range of motion.

**Train Your Weakness:** Front squats are a stiff test of core strength and the ability to maintain stability and rigidity when under load. If you find it difficult to keep your elbows elevated, your chest up, and your torso erect, your core is most likely the weak link. Adding some anti-flexion abdominal work to your program, a subset of core training that is often overlooked, can help tremendously. Barbell or ab-wheel rollouts, suitcase carries, and landmines are good exercises to train anti-flexion muscles.





**Shoe Choice:** This is another avenue to increasing stability and comfort in the front squat. The Olympic shoe you often see has a slight to moderate heel elevation to lessen the Achilles/calf stretch reflexes. This elevated heel makes it easier to squat because it allows a more natural occurrence of movement for those who do not have the proper mobility or range of motion. The heel can also help stabilize the lifter and put them in a safer line of motion. If you don't want to squat with the shoes, then a slight heel elevation may allow the front squat to be safer and more comfortable. Some lifters don't care and feel that a flat shoe is just as comfortable. Again, this is a decision the lifter needs to make. Try all three in training to see what works for you. **IM**





## ● BASIC MAINTENANCE by Amanda Burrill

You may feel great after your sweaty workout at the gym, but how do you look? More importantly, how do you smell? There's not always time for a shower and a full-on manscaping session, but don't be the guy who goes back to the office with body odor that becomes a thing of legend.

I've been testing out post-gym grooming products and polling men about their locker-room hygiene routine. I've come up with a list of gym bag-friendly products (read: spill-proof) that provide a baseline level of cleanliness and hygiene but won't make you feel like you're carrying enough gear to summit Everest. A little grooming goes a long way, especially if your soul mate just happens to be standing at the protein-shake counter.

### **Nathan Power Shower Refreshing Wipes (\$4)**

When I'm rushing off to a meeting after a workout and I don't have the time or the facilities to shower, I use these to give my armpits a fresh start and then just reapply deodorant. Each pack contains 15 good-sized wipes, and the double closures stays secure leaving little chance of the product drying out. Wiping down head, even face, to toe, and these wipes don't dry out for even the tallest of us. The light, clean scent is unisex, and the product is very durable, not ripping or shredding with your scrub job. If you opt for full body, just make sure to wipe your face before you touch that swamp ass.

Nathan Power Shower



Cibu Washabi



### **Cibu Washabi 3-in-1 Conditioning Shampoo + Body Wash (\$18)**

When you do have time to hop into the shower, this three-in-one product is all you need. When I found out Cibu has a cult following, I had to try it for myself. Neutral scent and sulfate-free, this is safe for hair, skin, and the entire body. The Japanese wasabi root kills bacteria and stimulates the scalp with a slight tingle you can feel—it's not uncomfortable, just enough to make you think something is happening. Other ingredients include eucalyptus, mint, and menthol, which cool the skin. After a hardcore workout where you feel like you're still sweating in the shower, this is just what you want.

### **men-ü Shaving Cream (\$17)**

Don't be fooled by the price. This small 3.3-ounce container delivers up to 165 shaves. That's six months of daily face-scraping. This ultra-concentrated formula has a locking pump that ensures an equal amount of product each time and prevents spills in your bag. I'm a chick, but I used it on my legs, and I made two of my male friends use it, and our consensus was unanimous—it's good stuff. Bonus: It's small enough to carry onto an airplane when you travel.



A little grooming goes a long way, especially if your soul mate just happens to be standing at the protein-shake counter.



# ALL-NEW ADVANCEMENT IN CREATINE



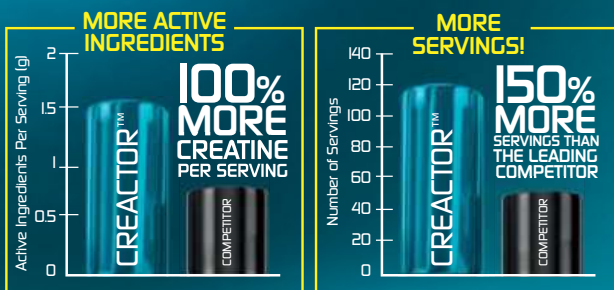
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More than double the servings of the competition



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## Murad Face Defense Broad Spectrum SPF 15 (\$35)

You work hard to keep that body looking good, don't be caught slipping on your face. This lightweight formula offers UVA/UVB sun protection, oil- and shine-free moisture, and absorbs quickly into the skin. A board-certified dermatologist, Dr. Murad has put four decades of work into his products, which are universally admired by his medical-profession fellows and peers. SPF every day is a must because let's be real, a kick-ass body with a hot mess of a face is like being that guy with the 21-inch biceps who's never had a leg day.



Murad Face Defense



Primal Derma

## Primal Derma Healing and Moisturizing Lotion (\$11)

Most weightlifters (and don't get me started on CrossFitters) have massively calloused hands. I'm no different, and that's why this new product is my current skin obsession. I use it liberally on my hands, elbows, and knees. What grabbed my attention is that this deeply hydrating lotion is made from rendered, grass-fed beef tallow, a part of the animal that would typically go to waste. No, it doesn't smell like beef, it actually has a very pleasant odor. The small size will fit easily into your gym bag. Good for your skin, good for sustainability. According to the manufacturer, a lot of their clients are raving about this product because it's also great for, ahem, self-pleasure.

## Every Man Jack Beard Oil (\$10)

Once you're clean and you smell nice, you lumber-sexuals out there can top off your post-gym routine with Every Man Jack's Beard Oil. This blend of naturally derived oils softens beards while soothing skin. The oil comes in two fragrances: cedarwood and sandalwood (I prefer the cedarwood, just sayin'). Guys tell me that after just two days of use their beards felt softer and smoother. With no funky ingredients and an über-agreeable pricepoint, it's a no-brainer. Just make sure your post-workout snack doesn't get caught in that thing!

Every Man Jack



There's not always time for a shower and a full-on manscaping session, but don't be the guy who goes back to the office with body odor that becomes a thing of legend.



SCIENTIFICALLY RESEARCHED CORE WEIGHT LOSS INGREDIENT

ALL-NEW MAX STRENGTH SENSORY

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New **Hydroxycut® SX-7® Black Onyx™** is a cutting-edge formula that's super-charged with 7 premium ingredients in a never-before-seen combination. It also features the scientifically studied core weight loss ingredient green coffee, which helped test subjects lose an average of 10.95 lbs. in 60 days with a low-calorie diet, and 3.7 lbs. in 8 weeks with a reduced-calorie diet and moderate exercise.

- Features 7 of the most super-extreme, cutting-edge ingredients available
- With *Coleus*, *Salvia* & theanine for a powerful sensory experience!
- Fully disclosed – zero proprietary blends
- Key ingredient backed by 2 scientific studies
- Quality and purity tested by a certified U.S. independent third-party lab

## SCIENTIFICALLY RESEARCHED WEIGHT LOSS

### STUDY 1 – 60 DAYS



In research published in the scientific journal *Phytothérapie*, test subjects supplementing with 200mg of standardized green coffee lost, on average, 10.95 lbs. in 60 days with a low-calorie diet. In a separate study, subjects lost an average of 3.7 lbs. in 8 weeks while following a low-calorie diet and performing moderate exercise.

\*Individual received a free sample

"From the very first dose you can feel it take effect – a boost of focus & energy."

– Reviewed at GNC.com\*



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## ○ Building Killer Abs: Part 1 *by Vince DelMonte*

If a ripped midsection is your goal, you need to adopt these 10 rules right now.

The abs are part of your physique that stands out as much as bulging biceps or massive shoulders, and they're often considered to be the epitome of a person's fitness. This is the first installment of a two-part series on how to achieve a head-turning set of abs.

Getting cheese-grater abdominals demands the right exercises, diet, and focus, not just in the gym and at meals, but during nearly every part of your day. Abs aren't just about training and nutrition, they're a lifestyle.

**1. Use The Help-Hurt Rule:** Throughout your day, constantly ask yourself whether something will help or hurt your progress. You probably do this when you're making major life choices, but it can have as much impact with the small, everyday decisions we make, too. Can you skip one meal, cut short a workout, or cheat yourself out of a couple of hours of sleep? These may seem like small things in the big picture, but they add up in a hurry.

If you teach yourself to analyze every single decision and activity in this light, you'll move ahead toward your goal more steadily. And you'll be surprised how after a short while, it becomes an automatic process. Pretty soon, you won't even realize you're doing it.

### **2. Remove Temptations:**

If everything around you is a healthy option, it's hard to make a bad decision. Home is where you have control. If you don't bring foods into your house that can slow your progress, you're less likely to go off the rails. One of the first smart decisions you should make is to remove those temptations. Bring home healthy foods. Fruits, seeds, and nuts are great healthy snacks that won't set your abs-building back. If your periodic cheat is ice cream, visit the neighborhood shop to enjoy it. If you bring ice cream home and put it in your freezer, it's going to tempt you to overdo it.

### **3. Prioritize Meal Cadence:**

Muscle protein synthesis is the process of building new muscle fiber by the conversion of dietary protein. Those fibers are comprised of a variety of amino acids, one of the most important of which is leucine. In order to build new muscle throughout the day, you need a constant supply of leucine; that's why eating high-protein meals several times per day is necessary.

I've done careful research and experimentation with





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- Subjects increased max bench press strength and boosted their peak power output by 30% as measured by vertical jump tests
- Patented CarnoSyn® beta-alanine, which has been clinically shown to enhance the muscle- and strength-building process
- Formulated based on research at the University of Tampa
- Research published in *Nutrition & Metabolism* and the *International Journal of Sports Nutrition & Exercise Metabolism*
- Fully disclosed, fully dosed formula with no proprietary blends
- Tested for purity by a certified U.S. independent third-party lab

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<sup>1</sup>Based on combined SX-7® brand sales at GNC.  
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my own diet over the years, as well as with more than 700 face-to-face clients and many thousands of online students. What I've discovered is that five whole-food meals and one shake during each day has been the most effective approach for 90 percent of my students, 90 percent of the time. When I tried getting my macronutrients in two, three, or four meals per day, I just found myself getting weaker and smaller.

**4. Don't Count Calories:** In my opinion, following a calorie-based program doesn't support fat loss, because calories are not all equal. Different macronutrients cause different hormonal changes, which can have a dramatic effect on your fat-loss efforts. For instance, more carbs will result in more insulin, which has a detrimental impact on your thyroid and cortisol profiles. Secondly, foods break down with varying levels of effort. Calories from meat, for example, require a lot more energy to digest, as opposed to pasta. Processed carbs break down quickly and easily since they typically contain little fiber or protein, while whole foods burn a significant amount of calories just from the effort it takes to digest them.

**5. Cheat Honestly:** I have a personal rule not to give myself any cheat meals unless I'm under 12 percent body fat. Once I hit 12 percent, I treat myself to one six-hour window a week. In short, anything goes for six hours. When I'm bulking, I usually give myself two half-day treat days per week. The wife and I will step out for dinner on Thursday and Sunday, maybe hitting a movie and some treats. Looking forward to those events helps me control cravings during the week and maintain a healthy long-term dietary program.

**6. Earn Every Carb:** Every carb you consume should be earned, and until you're down to 12 percent body fat, you haven't earned any. You should be on a low-carb (albeit not zero-carb) diet until you get down to 12 percent. For some big guys, eating low-carb might still call for 200 to 300 grams per day, but those should come from low-glycemic sources, mostly in the form of green fibrous vegetables. The rest of the daily calories are derived from healthy fats and proteins.

**7. Start Your Day Green:** Begin your day with a green drink. It provides plant-based proteins, vitamins, minerals, and antioxidants, with minimal caloric intake. I generally start off with a base of celery and cucumber. From there, dark leafy greens are the priority. I like kale, broccoli, spinach, parsley, or mint. Low-calorie additions like lemon juice, fresh ginger, and even cayenne powder can add some zing. Chia seeds, chlorophyll, and aloe vera are great additions, as they contribute valuable doses of gelatinous fiber. You'll be amazed at how quickly these superfoods can put your health on a new track.



*For some big guys, eating low-carb might still call for 200 to 300 grams per day, but those should come from low-glycemic sources, mostly in the form of green fibrous vegetables.*

**8. Try The Meat And Nuts Breakfast:** IFBB heavyweight bodybuilder Ben Pakulski and trainer Charles Poliquin convinced me to try this, and it's one of the best tips anyone has ever given me. A typical breakfast might be eight ounces of ground beef (or other protein source) cooked with one tablespoon of coconut oil, two whole eggs, a cup of spinach, and then one-third cup of mixed nuts on the side. After your overnight fast, the first meal you eat sets the pace for your neurotransmitters. High-glycemic foods will trigger serotonin, so you may feel great, but you'll also be sluggish and tired. Low-glycemic foods will prime your neurotransmitters to trigger acetylcholine and dopamine, satisfying your food craving while increasing your focus and drive. This will put bulge in your muscles, not in your belly.

**9. Be Wary Of Food Allergies:** The bloating and slow-down of the digestive process from allergies to gluten or lactose can stop your progress cold. If you feel as though you may be developing an allergy to a food, you need to get tested. Even a mere sensitivity can be enough to give you gas, fatigue, or bloating. If you find that eliminating the food for a couple of weeks helps, you may want to remove it from your diet permanently.

**10. Rotate Your Fats And Proteins:** Never repeat the same fat or protein in one day. Rotating them can keep your diet more palatable, but it also helps ensure you're getting a more complete variety of the healthy fats and amino acids. Don't just consume chicken and beef. Get the whole spectrum of different seafood, poultry, and red meat into your diet. Try a new protein every week, such as venison, elk, buffalo, scallops, or turkey. **IM**



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**THE GUARANTEED #1 WHEY**  
**100% WHEY PRO-AMINO™ IS SCIENTIFICALLY**  
**DOCUMENTED AND GUARANTEED TO BE MORE**  
**EFFECTIVE THAN ALL WHEY PROTEINS...**

100% WHEY PRO-AMINO™ v2.0 (WPA2) incorporates numerous Advanced Technologies equating to Guaranteed Increases in LBM (Lean Body Mass), TS (Total Strength), Recovery and Performance. WPA2 also Enhances PNB (Positive Nitrogen Balance), Enhances Anti-Catabolic and Anabolic Activity, Helps Prevent Muscle Breakdown and Supports Stimulating Muscle Protein Synthesis, culminating into producing the GUARANTEED #1 WHEY in the industry.

### THE PROVEN LEADER IN WHEY TECHNOLOGIES...

100% WHEY PRO-AMINO™ v2.0 incorporates not just one, but many different technologies developed and implemented by the HEALTHY 'N FIT® Research and Development Team, which collectively brings nearly 100 years of knowledge and expertise in Nutritional Sciences, Pharmacokinetics, Physiology and Exercise Physiology, into the development of HEALTHY 'N FIT® WPA2.

### 8 ADDITIONAL FORMS OF EFFICACY/ BENEFITS OTHER WHEY PROTEINS JUST DON'T DELIVER...

**1\*** WPA2 is guaranteed superior to all Whey Proteins. WPA2 consists of the Highest Quality Whey, including Whey Protein Isolate, Whey Hydrolysate Peptide Aminos and Efficacious Whey Protein Fractions.

**2\*** Exclusive to HEALTHY 'N FIT®, The ENHANCED AMINO™ INTRINSIC INFUSION™—A Synergistic Matrix incorporating many Additional Technologies: Correct Proportion™ Ratio Technology™ BCAA's which have the highest Chemical Score, hence the most effective BCAA's in the industry. (Chemical Score is the advanced scientific methodology which determines the quality/effectiveness of amino acids such as BCAA's). While high ratio or leucine heavy BCAA's may seem impressive to the uninformed, the facts are that they are in direct opposition to BCAA's Chemical Score, hence lower quality/effectiveness...

**3\*** The Ultra Recovery™ Muscle & Strength Matrix which provides advanced maximum nutritional support for enhanced recovery. Recovery is one of, if not the most important phase of training for increased muscle mass and strength...

**4\*** TheaMax™—Cortisol, also known as the "stress hormone" and "aging hormone" can be produced from stress in our lives and from intense training. Cortisol is in direct



opposition to your muscle and strength building goals and can actually burn your existing muscle— a bodybuilder's, athlete's or anyone's nightmare. THEA MAX™ is scientifically documented to nutritionally support reduced cortisol and protect and promote muscle and strength.

**5\*** Healthy GH Levels Support—Beneficial to athletes and health enthusiasts...

**6\*** Additional Health Benefits Support—The WPA2 formula provides Nutritional Support for a Healthy Immune System, Enhanced Mood, Enhanced Focus and Concentration with no stimulants, Healthy Skin and Hair, Fat Loss while Protecting and Promoting Muscle, Anti-Aging Support Plus other Health and Well Being Benefits.

**7\*** WPA2 is the Purest, Cleanest, Natural GUARANTEED MOST EFFECTIVE Whey formulation and FREE OF artificial flavors, colors, sweeteners and gluten. Many brands call their products "pure" and "clean" even though they contain artificial ingredients—this type of misinformation sends up red flags for many who are concerned about what other types of inaccuracies these brands have with other claims they make, and with the overall effectiveness of their products.

**8\*** Best Value—Other brands highest quality Whey's are only 1.6 lbs and 1.75 lbs. 100% WHEY PRO-AMINO™ v2.0 is available in full 2 lbs. and 5 lbs. sizes and is a GUARANTEED MORE EFFECTIVE formulation and is a BETTER VALUE at a savings of over 20%.

### OTHER WHEY PRODUCTS "DIRTY LITTLE SECRETS"

#### TOP WHEY BRANDS #2-5 ANALYSIS

Brand #2 bases its company philosophy on how "pure" their whey isolate is, when in reality it's far from pure. The facts are that their whey isolate contains artificial flavors, sweeteners and colors, including Red 40, a suspected carcinogen (a substance that may cause cancer).

Brand #3 is a good whey protein and markets their product by including a precious metal in their product name, presumably hoping that it will make their whey product appear special. In addition, this brand claims to be examples of their innovation, were first implemented by HEALTHY 'N FIT®.

Brand #4 is a good whey protein; they are also an advocate of using a precious metal in their product name presumably hoping to create an impression of special quality for their whey products.

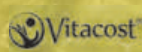
Brand #5 like Brand #2 bases their company/product philosophy on how "clean" their product is. Like Brand #2, it's not pure, clean or special.

**100% WHEY PRO-AMINO™ v2.0 IS GUARANTEED TO OVERWHELMINGLY SUPERCEDE BRANDS #2-5, and is the GUARANTEED MOST EFFECTIVE WHEY IN THE INDUSTRY.**



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# REFUSE THE BOOZE

Everyone knows that alcohol is packed with calories. Even a couple Grey Goose and sodas with lime, which average only about 100 calories each, can derail your physique goals. That's because the potential caloric damage you do when you have your buzz on dwarfs the calories that are in the actual drink. A new study published in the journal *Obesity* examined the brain's role in mediating caloric intake following alcohol consumption. A group of women were given alcohol intravenously (in order to circumvent the digestive system), while another group was given a placebo. The subjects who were exposed to alcohol ate more food at their next meal than those who did not imbibe. What's more, researchers using functional MRI scans found that the women with alcohol in their system experienced greater brain activity when exposed to food aromas. Scientists have dubbed this the "apéritif effect" and concluded that the hypothalamus plays a complex role in the relationship between alcohol and food cues. Forget the occasional Captain and Diet Coke. If you're dieting, it's best to stay away from alcohol completely.



## PRODUCT SPOTLIGHT

### 100% WHEY PRO-AMINO V2.0

A clean machine needs clean fuel, and the latest iteration of Healthy 'N Fit's best-selling 100% Whey Pro-Amino raises the bar for purity in a protein powder. 100% Whey Pro-Amino contains no artificial flavors, colors, sweeteners, sugar alcohols, or oils. It's wheat-free and gluten-free, and has no added sugars, fats, carbs, sodium, or preservatives.

It's lightly sweetened with stevia and has a subtle flavor that makes it versatile enough for a protein shake or as an addition to baked goods. The value of 100% Whey Pro-Amino isn't just in the ingredients it doesn't include, but rather what it does. Each serving contains an enhanced matrix of whey concentrate, isolate, and hydrolysate that boasts 45 grams of total protein and a whopping 40 grams of BCAAs. In an effort to improve recovery time, Healthy 'N Fit doubles down on other vital amino acids such as glutamine, ornithine, and theanine, which promote muscular adaptations while blunting excessive levels of cortisol. 100% Whey Pro-Amino is like a clean-eating protein powder on supplements. It's an example for us all.



## NETFLIX IS MAKING YOU FAT

Characters get killed left and right on *Game Of Thrones*, and the show might be treating your abs the same way. The results of research published in the journal *Public Library of Science* claim that television is

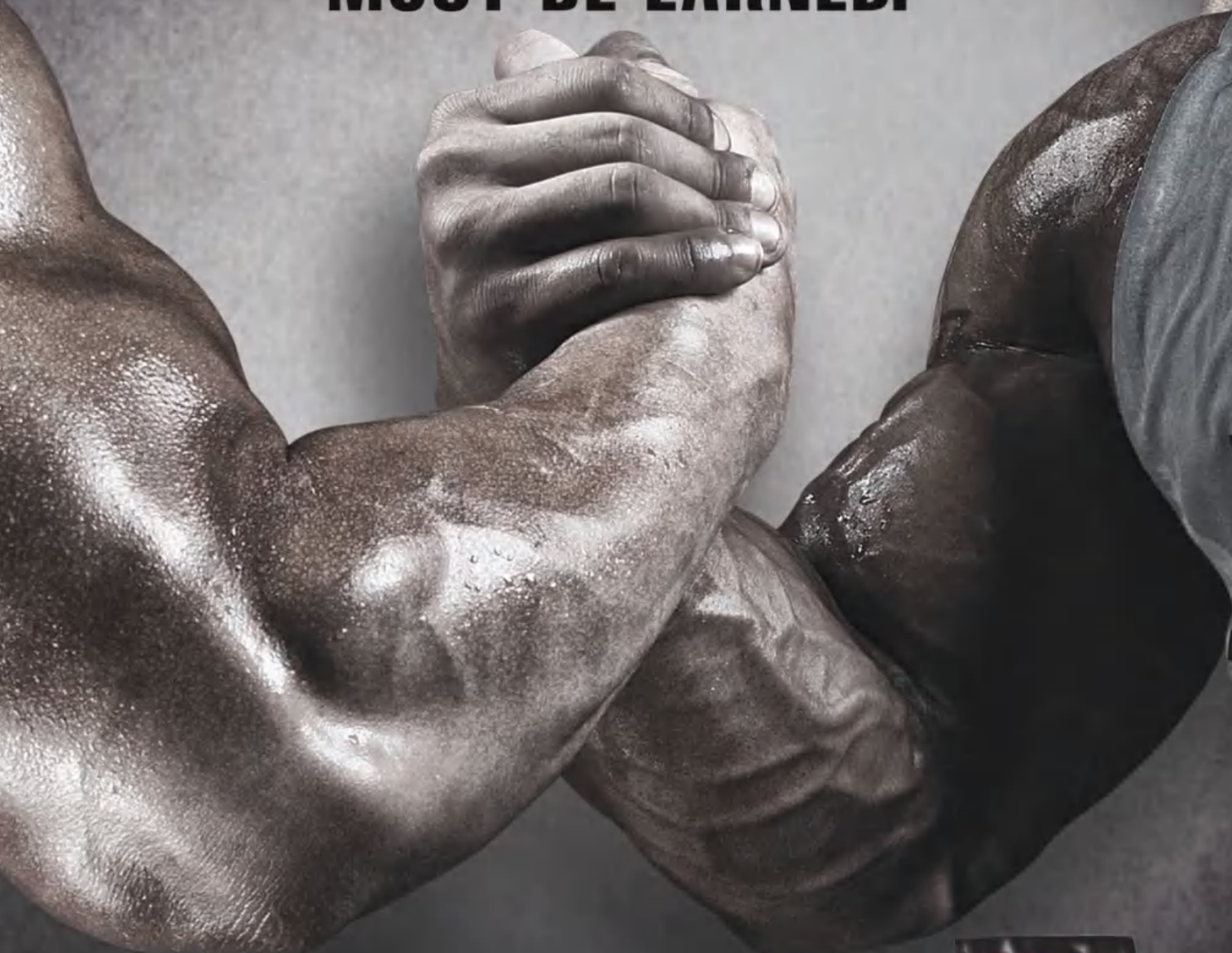
actually adding fat to your belly. In men, the number of hours spent watching television was significantly correlated with higher body-fat mass index, percentage of body fat, subcutaneous fat, and visceral fat. More disturbingly, it was also associated with the beginnings of atherosclerosis. Everyone deserves some passive entertainment after a long day of work, gym, and family, but this research seems to show that when it comes to TV, less is more. Curiously, this effect only applies to men, as women in the experiment exhibited a similar association between television and body fat, but the connection was much weaker. We assume that the nausea induced by episodes of *The Bachelor* slowed down the weight gain for women.





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## HANDS-ON TRAINING

If you're trying to grow a big back, the lat pull-down is probably a go-to machine for you. Make sure you're doing it right. Sports scientists at Pennsylvania State University conducted an experiment where they attached electrodes to the trapezius, latissimi dorsi, and the biceps of subjects as they performed a variety of lat pull-downs, and measured the amount of muscle activation that occurred. A pronated grip (palms over the top of the bar) recruited significantly more fibers in the lats than an underhanded grip. Width of the grip seemed to make little difference. This study builds upon earlier research that found that bringing the bar to your chest rather than your neck activated far more muscle fibers in both the lats and the biceps.



## MIND OVER MUSCLE

Visualization is a key training tool in a variety of performance-based sports, and now you can add bodybuilding to that list. A study published in *The Journal of Strength and Conditioning Research* examined two groups of novice weightlifters. Both groups did the bench press and leg press three times a week. One group was instructed to visualize their next set during each rest period. They imagined the sequence of the movement and the sensation they would feel, but they did not contract the muscle. At the end of four weeks, the visualization group grew stronger in a set of maximal strength in both lifts and they experienced slightly more hypertrophy (especially in the lower body) than the group who did not use their imagination between sets. While the effect was modest, any way of making gains that does not cause wear and tear on joints or undermine the intensity of future workouts must be considered a valuable training tool.



## APPROACH THE BENCH

The shoulders are arguably one of the most important muscle groups for Physique competitors. Nothing else contributes as much to the appearance of a V-taper as a well-developed set of medial (side) deltoids. With that in mind, you might want to stay away from the Smith machine on chest day.

Scientists from the California State University at Long Beach examined the amount of muscle activation that occurs when performing a barbell bench press versus a Smith machine bench press. They found that the pectoralis major, anterior (front) deltoid, and medial deltoid were all stimulated to a much greater degree by the freeweight bench press. The biggest loser in the Smith machine press was the activation in the medial deltoid followed closely by that of the anterior (front) deltoid. The less experienced the weightlifter, the greater the difference between the muscle activation in the bench press and Smith machine press.





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PROTEINS



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WHEY HYDROLYSATE  
MILK ISOLATE  
WHEY CONCENTRATE  
GOAT'S MILK  
EGG ALBUMEN  
MICELLAR CASEIN

**24g**  
OF PROTEIN

**28.9g**  
SERVING SIZE

**83%**  
PROTEIN

**β**

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ENHANCED

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ISOLATE**

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IOC COMPLIANT**

**7**

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released proteins

**#1**

primary protein  
whey isolate

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servings per  
container

**0**

banned  
substances

# PROOMES

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# EAT TO GROW

Nutrition, Supplements, Must-Haves and More



*Popping vitamins to ease post-training soreness might be stifling your gains.*

Since strength training must be accompanied with proper diet to effectively reach physique goals, strength and endurance athletes are continually searching for nutrition strategies to enhance performance and body composition. Consequently, most athletes use nutritional supplements in hopes of boosting the effects of exercise even further. However, recent research has questioned one of the most commonly used nutritional supplements: antioxidant vitamins. While antioxidant supplements have long been thought to be beneficial for muscular adaptation to exercise, the widespread use has created an ongoing debate.

### **Antioxidants And Exercise**

It's no secret that exercise offers many beneficial health outcomes; however, during exercise, normal cellular metabolism is elevated to meet the energy demand. This dramatic increase in oxidative metabolism is accompanied with the production of free-radical reactive oxygen species (ROS), which have the potential to inhibit immune responses. ROS also disrupt muscle homeostasis and cause damage to proteins and cell membranes. Collectively, these outcomes are sometimes referred to as oxidative stress. Antioxidants offer a protective effect by combating the ROS produced during exercise. Antioxidants limit the actions of ROS by removing their unpaired electron making them far less reactive. In a nutshell, antioxidants work to eliminate oxidative stress by neutralizing ROS, which in turn prevents cell damage.

### **Antioxidants In The Diet**

Several nutrients, including vitamin C and E, act as antioxidants by helping to protect body tissues against the potentially damaging effects of ROS. While minerals—including copper, selenium, magnesium, and zinc—also provide a great source of antioxidants, the interaction between exercise and vitamin C and E supplementation has recently received increased attention. These potent antioxidants are naturally found in fruits and vegetables, especially those that are dark green, orange, red, and yellow. Major

sources of vitamin C include citrus fruits, broccoli, potatoes, peppers, and strawberries, while vitamin E can be found in eggs, whole-grain products, vegetable oils, and butter. Both vitamins C and E are essential molecules that cannot be synthesized in the body and therefore must be obtained from dietary sources. Vitamins are an important part of an athlete's diet, as deficiencies can inhibit body functions and health.

### **How Much Is Enough?**

The recommended dietary allowance for vitamin C is 90 milligrams per day for men and 75 milligrams per day for women, whereas the recommended dietary allowance for vitamin E is 15 milligrams per day for both men and women. Diets rich in foods that are naturally high in antioxidants are associated with

*Major sources of vitamin C include citrus fruits, broccoli, potatoes, peppers, and strawberries, while vitamin E can be found in eggs, whole-grains, vegetable oils, and butter.*





*The Journal Of Physiology* provided young, recreationally active men and women with either a vitamin C and E supplement or a placebo during 10 weeks of heavy resistance exercise performed four times per week. The supplement contained 1,000 milligrams of vitamin C and 235 milligrams of vitamin E. The antioxidant supplementation blunted anabolic cellular responses to resistance exercise and also hindered strength outcomes following training. While the antioxidant supplement did not significantly blunt muscle hypertrophy following the 10 weeks of training, bicep-curl strength was lower in the group supplementing with the antioxidants as compared to the placebo group.

In another study, published in the *Scandinavian Journal of Medicine & Science in Sports*, elderly men were provided either a vitamin C and E supplement (1,000 milligrams of vitamin C and 235 milligrams of vitamin E) or a placebo during 12 weeks of resistance training performed three times per week. Similarly, this elevated dosage of vitamin C and E curbed certain muscular adaptations to strength training. In this case, the group receiving the vitamins had less gains in muscle size compared to the group given the placebo. Maximal strength measures were not different between groups.

Additionally, a separate study published in *The Journal Of Physiology* also provided young, recreationally active men and women with either a vitamin C and E supplement (same dose as previously used) or a placebo during an 11-week endurance

better health outcomes, therefore if a little is good, more must be better, right? Maybe not. Recently, several research studies have investigated this theory, and the findings may come as a surprise.

#### **Too Much Of A Good Thing?**

Supplements containing antioxidants and vitamins are widely used

for the purpose of improving health and athletic performance. Contrary to common beliefs, recent research studies have demonstrated that antioxidant supplementation may actually interfere with exercise recovery and muscle growth. High dosages of vitamin C and E have shown to blunt certain adaptations to training. A study published in

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*Diets rich in foods that are naturally high in antioxidants are associated with better health outcomes, therefore if a little is good, more must be better, right? Maybe not.*

Neveux/ Model: Willie Stenwall



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Neveux/Model: Jason Witrock

*Based upon the most recent research, it appears that high-dose antioxidants supplementation may interfere with some training benefits, for both physique athletes and endurance competitors.*

training program. Vitamin C and E supplementation reduced cellular adaptations in the exercised muscles; however, no effect was observed on maximal aerobic capacity following training. Based upon the most recent research, it appears that high-dose antioxidant supplementation may interfere with some training benefits, for both physique athletes and endurance competitors.

#### **Rules For Antioxidants**

Don't pass on your nutrient-rich fruits and vegetables just yet. These studies administered doses of vitamin C and E way beyond the amounts one would take in through

proper nutrition. As it goes for most vitamins, taking a supplement will not improve performance if you are not nutritionally deficient. Besides, physically active individuals tend to ingest above-average amounts of micronutrients through diet alone. Furthermore, dietary deficiencies of these vitamins are extremely rare, even in athletes. Therefore, regularly ingesting large dosages of vitamin C and E appears to be unnecessary and may even be detrimental to your physique goals. Increased intakes of antioxidants have been suggested to reduce the extent of muscle damage following exercise; yet by squelching the damage induced, you

might be squelching a valuable part of the muscular repair process too. It's a classic inverted-U function: As antioxidant levels increase, the repair process improves, but only to a point, beyond which increases in antioxidants may lead to a disruption in muscular adaptation. (It's unclear whether non-vitamin antioxidants that are common in superfoods and supplements, such as resveratrol, coenzyme Q10, flavanols, polyphenols, or EGCG have the same effect.) Instead, focus on consuming a diet rich in fruits and vegetables, and feel free to take a daily multivitamin, but beyond that you might want to leave the vitamins on the shelf. **IM**



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# RESPONSE TIME

By Gabriel Wilson, PhD, CSCS

Optimize your anabolism activity with the latest science in leucine supplementation.



Leucine is a common household name among bodybuilders and athletes these days. This unique branched-chain amino acid (BCAA) is a well-documented trigger for muscle protein synthesis and is now considered a limiting factor for determining the quality of protein in your diet. Meaning, without leucine in your system, it is nearly impossible to add lean tissue. Athletes who have more leucine in their diet build more muscle mass, recover faster, and gain more strength. But while many athletes know leucine is important, few understand its proper application in their diet.

Leucine is not simply “magic fairy dust” that you can sprinkle on your food and watch your muscles expand. It must be used at optimal dosages and at specific times during the day to reap its anabolic benefits. Unfortunately, many BCAA products contain suboptimal amounts of leucine in their BCAA formulas and thus offer little benefit. Research has shown that there’s evidence of a dietary leucine “threshold” that’s required for optimizing muscle growth. When taking BCAA

and amino acid supplements, studies suggests that at least three grams of leucine is needed to fully optimize the anabolic response. By contrast, diluted formulas with less than two grams of leucine fail to stimulate muscle protein synthesis.

The important role of leucine in the diet becomes even more critical as we age. Over time, athletes typically find that they don’t achieve the same muscle-building response they used to get from consuming proteins or amino acids as when they were younger. Research has identified that this is a result of “anabolic resistance” to the amino acid leucine. However, when adults with anabolic resistance are supplemented with leucine-loaded BCAA formulas that contain three to four grams of leucine, they are able to restore the anabolic state of their muscles. Conversely, weaker leucine formulas (containing less than two grams of leucine) fail to reinstate muscle anabolism in adults.

To obtain this critical amount of leucine in your diet would require consuming 30 to 40 grams of high-quality protein. Of course, not all people enjoy eating six ounces of steak several times a day. This is where supplementation can come in handy. During my dissertation research at the University of Illinois, our lab showed that when you consume a meal with low levels of leucine, supplementing the meal with

leucine will maximize the anabolic response of the food. The implications are that while leucine is an excellent choice as a pre-, intra-, or post-workout supplement, it can also be supplemented with meals to improve the quality and anabolic activity of these meals, particularly those lower in protein or those that contain foods with lower amounts of leucine, such as plant proteins. (Pay attention, vegetarians.)

When searching for BCAA supplements, it is crucial to consider the volume of this important research. For greatest anabolic effects, you must use BCAA formulas that are heavily loaded with leucine and contain at least three grams per serving. An example of a leucine-forward formula is MHP’s supplement BCAA 10X, which is based on the latest research on leucine metabolism. This potent formula features a 10:1:1 BCAA ratio containing 10 times the amount of leucine compared to isoleucine and valine (the other two BCAAs). BCAA 10X contains over four grams of leucine per serving to ensure that you optimize your anabolic response regardless of your size, age, or training status. **IM**



# FIT FOODS FALLACY

A group called the American Marketing Association released the findings of an experiment in "fitness branding." Featured in the publication *Journal of Marketing Research*, the experiment examined how consumers approached food that was categorized as fit. Participants described themselves as being "restrained eaters," interested in losing weight. Yet, when snacks had a title related to fitness (think Clif Bar or Wheaties) or bore an active-lifestyle graphic



such as running shoes, the subjects tended to eat far more of that food. Also, the same subjects exercised less after eating it, as if the food was a substitute for working out. The moral of the story is, don't worry about the front of a label—pay more attention to the back of the label where you find the nutrition information.

# MAGNESIUM FORCE

Over the last few years, sports scientists have found an alarming rate of magnesium deficiency in people who engage in intense weight training. A recent study shows that low levels of this mineral might be seriously inhibiting your gains in the gym.

Information published in the journal *Biological Trace Element Research* describes how scientists measured the testosterone levels of athletes and sedentary people who were given supplemental magnesium. Both groups were given a daily dose of 10 milligrams of magnesium per kilogram of bodyweight. After four weeks, the two groups experienced a boost in free and total testosterone, although the athletes saw greater increases. Considering the relative low cost of magnesium supplements, and the plethora of health and performance benefits the mineral contributes, you can't afford to skip this supplement.



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# SHAKE IT OFF

By Amanda Burrill, MS

## Watermelon Protein Cooler

This far into summer you're probably dying for some kind of slushie, like a Slurpee or a frozen margarita. The problem is, one is loaded with sugar and the other is loaded with sugar and booze. The good news is you can make one yourself for less than 300 calories and it will have 22 grams of protein.

Whether you're sipping this bad boy poolside or post-workout, this month's shake will replenish you with a lightly sweet and entirely refreshing dose of protein, antioxidants, and electrolytes. Perfect for a hot summer day! Using coconut water as the base of the shake makes it light and fresh on the palate, really letting the subtlety of watermelon and cucumber shine. A touch of mint and the tang of the lime juice keeps it interesting. On a cheat day, I can imagine adding a splash of rum or tequila to this.

### Ingredients

8 ounces coconut water  
1 scoop unflavored protein powder  
2 cups watermelon, diced  
1 small cucumber, peeled  
1 lime, juiced  
9 to 10 mint leaves, more for garnish  
1 dose colloidal trace minerals

**Directions:** Combine all ingredients in a blender, beginning with the water to avoid sticky protein-powder clumps. Blend until smooth.

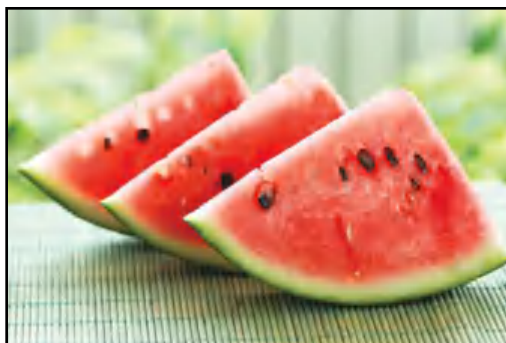
**Total:** 263 calories, 42 g carbs, 22 g protein, 3 g fat, 2 g fiber

### The Superfoods

**Coconut Water:** Don't confuse this with high-fat coconut milk, oil, or cream. Coconut water is clear and low in calories. One of the most valuable benefits of coconut water is the high potassium content. The eight ounces in this shake provide more than 500 milligrams of potassium and 200 milligrams of sodium that will replenish levels of this electrolyte that you may have sweated out.

**Watermelon:** Shocking as it may be, watermelons are 92 percent water. But this fresh fruit is also dripping with nutrients, like vitamins A, B6, and C. A little known fact is that watermelon is loaded with lycopene, an antioxidant phytonutrient that combats free radicals, making it important for disease prevention and cardiovascular health. And some research suggests that lycopene may boost sperm concentrations in men.

**Trace Minerals:** This is a major power ingredient in my kitchen. As a result of our soil and food supply being depleted of minerals, the need for bioavailable supplementation has gone up. Trace mineral liquids contain a mash-up of colloids (small particles that are thought to be more easily absorbed) such as boron, chromium, copper, iodine, manganese, phosphorus, nickel, and more. Even with an impeccable diet, you never know what you could be missing.





# GOOD NEWS FOR CARB CUTTERS



Cutting carbs is generally considered to be the fastest and most effective way to drop weight. It is also thought to make you weak, sluggish, and crabby. We can't help with the mood stuff, but new information shows that slashing your carb intake over a short period won't cut into your strength or power. A study published in *The Journal of Strength and Conditioning Research* examined trained men and women who ate either a diet of 40 percent carbs or five percent carbs. Those in the second group maintained their daily caloric intake by eating more fat and protein. At the end of seven days, the carb-restricted group had significantly decreased their body mass but were still equal to the carb-heavy group in strength and power tests such as vertical jumps and one-rep maximums for the bench press and back squat. Short-term carb restriction may be a smart strategy for weight-class athletes or anyone looking to peak for a photo shoot or event without the dangers of excess dehydration.

# THIS IS PROTEIN

## SCORE ONE FOR SUPPLEMENTS

Researchers at the University of Washington monitored 35,000 women over five years and found that fish oil supplements offered significant protection from breast cancer. The study, published in *Cancer Epidemiology, Biomarkers & Prevention*, describes how fatty acids derived from fish reduce the concentration of certain inflammatory factors that are thought to increase the risk of breast cancer. Even though there will be unfortunately over 290,000 new cases of breast cancer diagnosed in 2015, this study is good news for everyone, including those without breasts. For years, there has been skepticism whether supplements confer the same benefits as whole-food nutrient sources. This is a clear example of a supplement providing an obvious and potent value at a time when the prospect of eating fish—due to declining populations and increased contamination—can seem less and less appealing.



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## ○ Pro Supplements

by Thomas DeLauer

What pills and powders do you take when your body is your business?



replacements for healthy meals, but rather just as the name states: “supplements” to a good diet. As basic as it sounds, this is the realization that I had years ago that helped me to realize that in moderation, most all supplements are perfectly safe for most people. And there are a few that are absolutely critical to the success of your health and fitness goals.

So what kind of supplements do I use to maintain my look year-round, and what can you use to achieve the look that you want? The first rule would be to take supplements that most help protect muscle tissue. All of us have to remember that muscle is metabolically expensive to maintain. What I mean by this is, whether you are a man or woman, your body does not want to hold onto large amounts of muscle. Simply put, fat tissue is more calorically dense than muscle, so if you were starving, fat is more valuable to your survival. That’s why your body innately desires to preserve body fat over muscle tissue. This is where the strategic use of supplements can be absolutely pivotal.

**Branched-Chain Amino Acids:** BCAAs are one of the most crucial building blocks to developing and keeping a muscular physique. Not only are they one of the main

For someone new to the fitness industry, supplements can be an intimidating topic. We are flooded with conflicting statements about which supplements are good for you, which ones might be bad, and which ones are total junk. One day you feel like you should be taking everything, and the next day you might feel like they are all worthless. It’s actually quite paralyzing for someone who doesn’t know how to navigate through the jungle of information.

Over time, the idea of supplements becomes less daunting, especially after you realize that they’re not drugs or

signallers of post-training protein synthesis, BCAA supplements provide your body with a readily accessible source of amino acids to be used for fuel. In case you didn’t know, your muscles are ultimately made up of amino acids that your body can use for energy in the absence of glucose (a common occurrence on no- or low-carb diets.) So providing your muscles with a steady flow of amino acids means that it doesn’t have to pull them out of your muscles. Another upside to BCAAs is that it is almost impossible to overdo them. I more or less sip on BCAAs all day long.

Begovic / Model: Thomas DeLauer



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Begoic / Model: Thomas DeLauer

are so many different protein powders these days, but I have always been a huge advocate for whey protein isolate. First and foremost, I'm lactose intolerant, and the filtration process whey protein isolate goes through removes almost all of the lactose. This means that I can get in my protein without the bloated gut and indigestion (I know I'm not the only one who feels this way). Secondly, whey protein isolate is easily absorbed. In the process of creating whey protein isolate, the highest-quality protein-rich components are extracted from the whey. This leaves you with an easily digestible protein that also provides a small spike in insulin (this can help you absorb more amino acids but without taking a big hit of carbs).

There are many other vitamins and supplements that I take and would recommend. A good fish-oil supplement and other supportive nutrients like vitamin D3 are important to maintaining healthy brain function.

**Glutamine:** The other supplement that you cannot get enough of, in my opinion, is glutamine. Glutamine is the most common amino acid found in your muscles, but it is also the most depleted when dieting and training hard. Much like BCAAs, I sip on glutamine throughout the day. As a matter of fact, it has become a go-to for me when I'm getting hungry, as I treat myself to a well-flavored glutamine drink. This is a great trick to adopt because glutamine has one of the most anti-catabolic (muscle-sparing) effects on the human body. In addition, I suffer from an inflammatory intestinal disorder and I find amazing benefit in taking glutamine to help curb intestinal pain. When we train hard and deplete glutamine, it can actually be hard on the stomach and intestines, so supplementing with glutamine can help regenerate the gut, therefore contributing to better digestive health and better nutrient absorption.

**Protein Powder:** This is the supplement that I probably get asked about the most. It gets tricky because there

**Natural Testosterone Boosters:** Lastly, I want to address a category that I feel gets a bad rap. People hear the word "testosterone" and they automatically assume the worst. The fact is, testosterone is critical to the healthy function of many organs, let alone muscle tissue. This is true for men and women. There are so many environmental factors now that are reducing the testosterone levels of men and women that I feel taking a trusted testosterone support or mild booster can provide serious benefit to the athlete and the health-conscious alike.

There are many other vitamins and supplements that I take and would recommend. A good fish-oil supplement and other supportive nutrients like vitamin D3 are important to maintaining healthy brain function. Sometimes it's easy to forget that our bodies can't do much without our brains!

So get out there, continue to train hard, and treat your supplements as an important part of your training and diet protocol that leads you to success. **IM**



Eric Wainwright

*Thomas DeLauer is an accomplished fitness cover model who has devoted himself to living an active and healthy lifestyle without sacrificing the fun and excitement of life. Although he has the body to show some serious time in the gym, he embraces every day to its fullest, using a fit body and a fit mind to achieve his goals and experience new things. DeLauer lives by what he says: "I don't live to work out, I work out to live."*  
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# ANTON ANTIPOV

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**This Belarus-born phenom is carving his own unique path through the ranks of the IFBB Men's Physique division.**

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By Mike Carlson Photography by Jason Ellis

"Still waters run deep" is a Latin proverb from hundreds of years ago, but it could have been written to describe Physique pro Anton Antipov. The 32-year-old, who was born in Belarus and moved to New York when he was 13, has crafted a body that screams for attention—he's won four pro shows and took third place at the 2015 Arnold Sports Festival—but the introspective and cerebral Antipov is far from the archetypal Men's Physique competitor.

Antipov has a talent for cutting through the superficial and finding the core of the matter. He feels that his health is the foundation for his physique and that his development as a person is inextricably tied to his progress as a competitor. His reading habits lean toward books on spirituality or biographies of old-school bodybuilders, tomes that allow him to glean lessons he can apply to his own life. While the community of Physique competitors is shifting to an über-social team dynamic, Antipov is the rare breed who prefers solitude.





"I've trained with other Physique athletes, but I feel like I can't relate to a lot of the other guys in the industry. I like my own thing," he says in near-perfect English, with almost no hint of an accent. "A lot of the guys are all about networking. When guys ask to train with you, it's more about taking photos and posting them to Instagram than getting to know each other's training regimen."

Another way Antipov veers from his peers is the way he chases the dollar—or, rather, the way he doesn't. The brass ring of financial stability for many Physique pros is to develop a base of online clients to train, spend a few hours a day writing programs and watch the money roll in. But despite a global demand for his services, Antipov refuses to train clients unless they're in the gym with him. He has similar feelings about social media, limiting his posts and photos to off-days and post-workout.

"I am not a greedy guy. I can get by with just enough and I'm good. I am so much happier that way," he says. "I want to make just enough money that I'm happy and my fiancée is happy and I can support her. I don't need much else. I'm high on life."

**Iron Man: You emigrated from Belarus when you were 13. Was it difficult to adapt to US culture as a teenager?**

**Anton Antipov:** I guess it wasn't as difficult as some people would think. There was some delay translating my grades, and I had to wait a little bit before I entered school, so I learned English by watching cartoons. As far as adapting to society and meeting kids, I made it work. I was always a very outgoing kid. I started knocking on doors to see if kids wanted to play hockey in the street, because I had played hockey in Belarus. If I were not so social, it would have been more challenging.

**IM: What was the biggest difference you noticed between the two cultures?**

**AA:** In Belarus, gym class was a lot more demanding. Here, gym class is like, "Go throw this ball around." In Belarus, you actually could fail a gym class. Every day we would run track and do gymnastic drills. Teachers actually made sure you were getting a good physical education and you stayed athletic and flexible. Here, it's like you have an hour to hang out.

**IM: What kind of impact did that type of dual upbringing have on you?**

**AA:** I am an immigrant at heart. I know how to work for things. I don't like things to be handed to me. But growing up here has also taught me to be more open-minded, and that applies to my training. I'm always willing to learn new things and learn how to make myself better as a person and as a trainer. I apply all that stuff from my growing up to my training, and I think that is what makes me different than the other Physique competitors.

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I am an immigrant at heart. I know how to work for things. I don't like things to be handed to me.

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**Name:** Anton Antipov

**Age:** 32

**Height:** 5'11"

**Weight:** 192 pounds

**Born:** Belarus

**Currently resides:**

New York City

**Favorite cheat meal:**

Hamburger and sweet potato fries

**Favorite clean meal:**

I've been having the same breakfast shake for two years—I blend a scoop of Nutrex Muscle Infusion protein powder with water, a banana, and a cup of oatmeal

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**IM: When you got your start in 2012, you competed in 13 shows in one year. How did you make that work?**

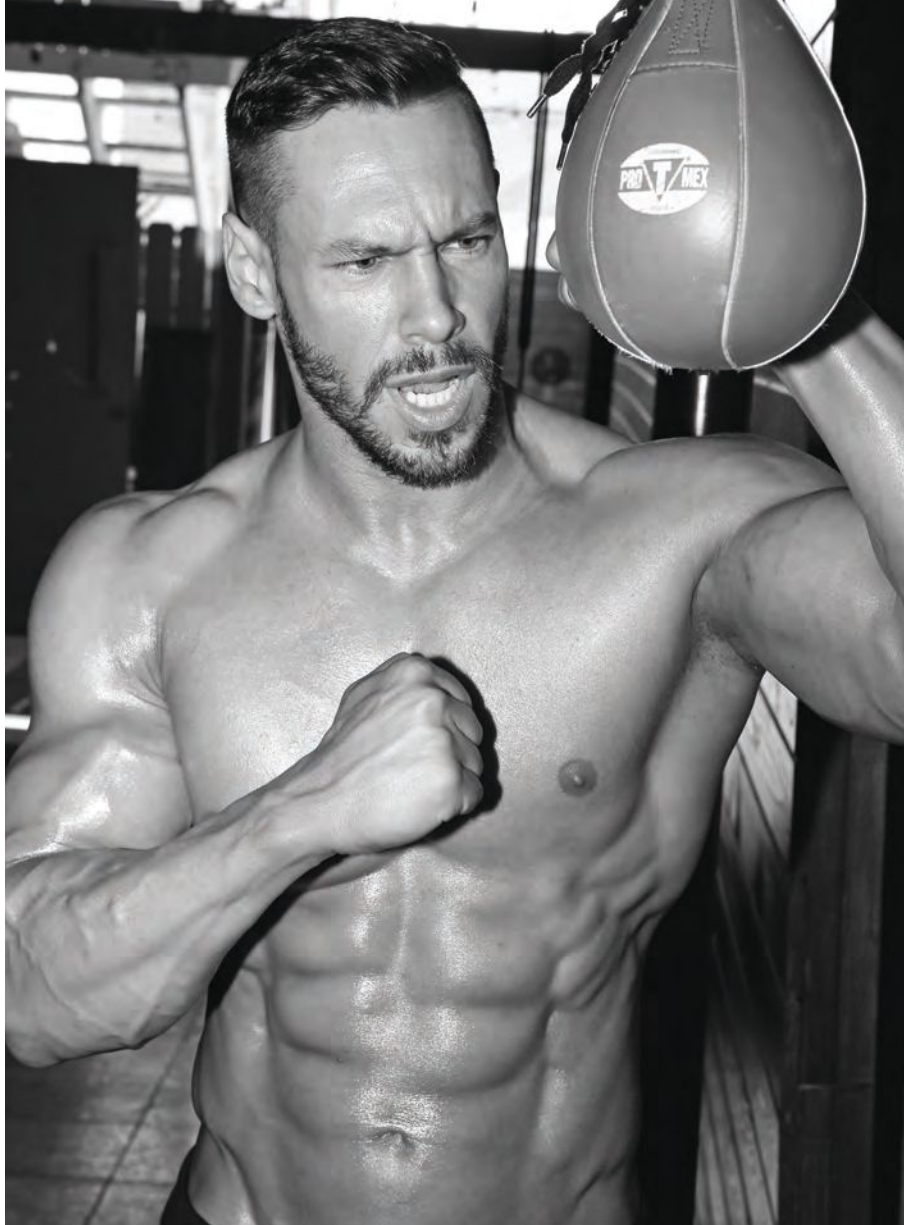
**AA:** I knew I was going to spend money traveling and eating the food I needed to eat to maintain my physique, so I took on more bartending shifts. I was working Thursday, Friday, Saturday, and Sunday. I would apply tanner on Friday and then come into work and bartend my shift. In New York, bars close at four a.m., and by the time you clean up and get your money it's six a.m. Shows were on Saturday and check-in was at eight a.m. I'd go to prejudging and then I would sleep on a park bench or wherever I could. The shows would be in New Jersey or Connecticut, and I didn't have anywhere to go. After that, I would go to the finals and then make it back to the bar for my next shift, which started at 10 p.m., and I would still be covered in tanner and oil. I won three overalls that way! It gets me when people say, "I didn't do well because I missed a meal." You guys are a bunch of sissies!

**IM: That might work in the amateurs, but you also did nine pro shows in 2014. How are you able to peak on that kind of schedule?**

**AA:** I feel like I got my body to a point for so long where my body fat stays at bay and I'm fairly muscular that it's now my body's default state. It's kind of like forming a habit. It's something you do that is hard to break. That's how I look at my body. Also, I signed with a modeling agency, so I don't have an off-season. I don't gain muscle as quickly as some of the guys, but I also don't lose my abs or much of my conditioning between shows. My body fat stays at about five percent year-round.

**IM: How do you stay so lean all year-round?**

**AA:** My diet is very simple. You know when you're cooking a chicken breast and you cook it and then you add the salt and the sauce and the bread-crumbs or whatever? I take that process out. I don't add anything else to it. Honestly, I have numbed my senses as far as food goes. I don't even look at food like breakfast, lunch, or dinner. It's meal one through eight. After meal eight I go to bed. I eat very lean. I don't care about what kind of food I eat as long as I get it in.



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I don't gain muscle as quickly as some of the guys, but I also don't lose my abs or much of my conditioning between shows. My body fat stays at about five percent year-round.

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**IM: Do you track your macros or count calories?**

**AA:** I don't count meals. I don't count my calories or my carbs. I approximate because I know that I can never overeat. I have a terrible appetite, and I'm so active all the time. I live in New York City, so I walk everywhere. I might walk five to six miles a day. The amount of walking I do is one way I stay lean. Six or seven meals goes to all that energy, which is why I have a hard time gaining muscle. I get a lot of activity and not enough food.

**IM: It's hard to believe that gaining muscle is difficult for you.**

**AA:** I have always been self-

conscious about my size. I was always the smaller kid in class. I was always skinny. I'd have one meal and then spend all day running around or playing basketball. I could never get anywhere as far as bodybuilding goes. I started weightlifting at about 145 pounds, and after 12 years or so I got to 205 pounds.

**IM: What kind of supplements do you take?**

**AA:** I like my pre-workout. I like BCAAs before and after and as an intra-workout. The rest of the supplements I take are for health: multivitamin, minerals, superfoods, fish oil, CLA, vitamin D.



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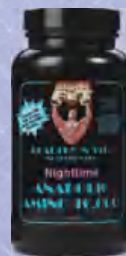


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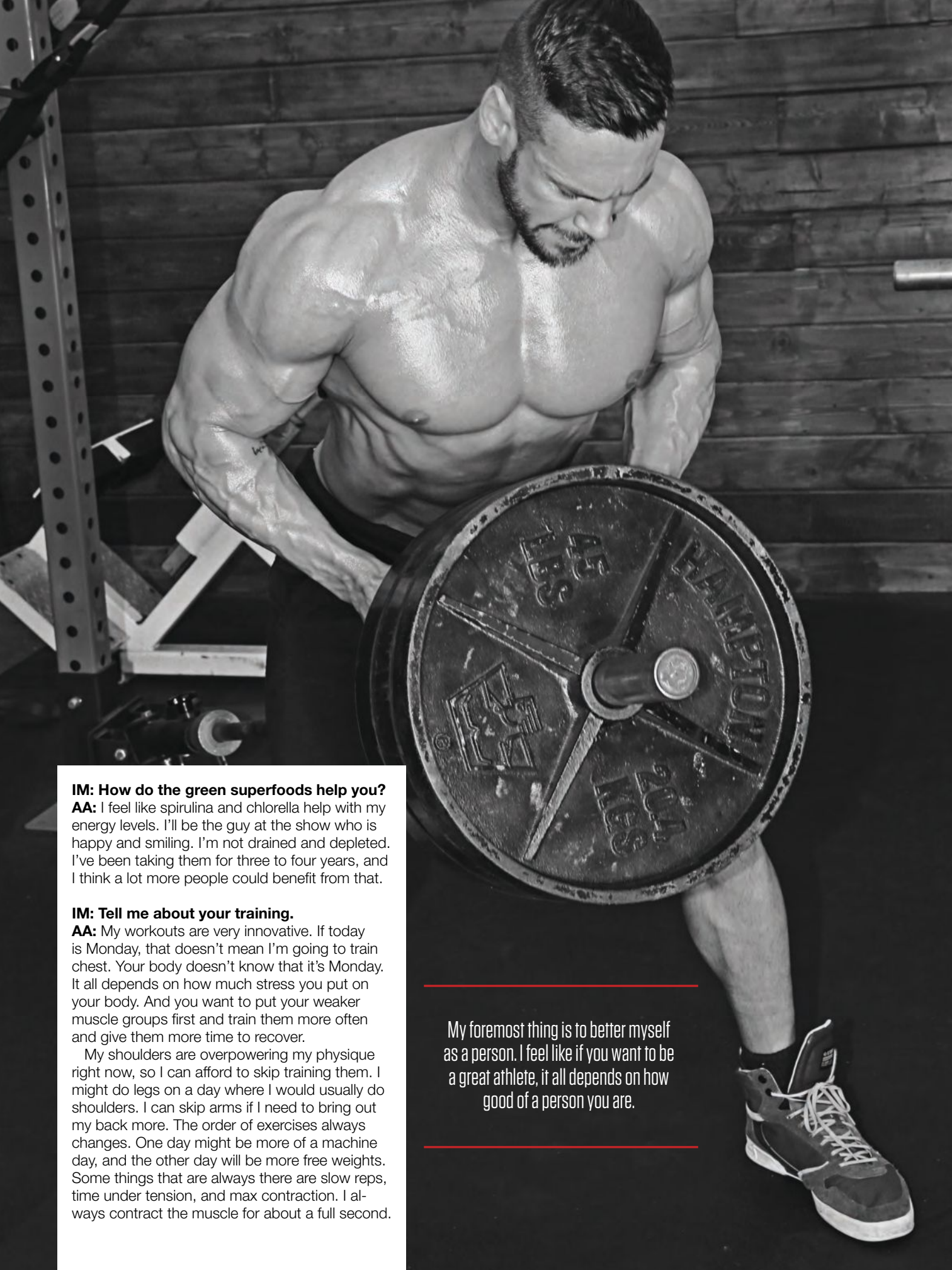


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**IM: How do the green superfoods help you?**

**AA:** I feel like spirulina and chlorella help with my energy levels. I'll be the guy at the show who is happy and smiling. I'm not drained and depleted. I've been taking them for three to four years, and I think a lot more people could benefit from that.

**IM: Tell me about your training.**

**AA:** My workouts are very innovative. If today is Monday, that doesn't mean I'm going to train chest. Your body doesn't know that it's Monday. It all depends on how much stress you put on your body. And you want to put your weaker muscle groups first and train them more often and give them more time to recover.

My shoulders are overpowering my physique right now, so I can afford to skip training them. I might do legs on a day where I would usually do shoulders. I can skip arms if I need to bring out my back more. The order of exercises always changes. One day might be more of a machine day, and the other day will be more free weights. Some things that are always there are slow reps, time under tension, and max contraction. I always contract the muscle for about a full second.

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My foremost thing is to better myself as a person. I feel like if you want to be a great athlete, it all depends on how good of a person you are.

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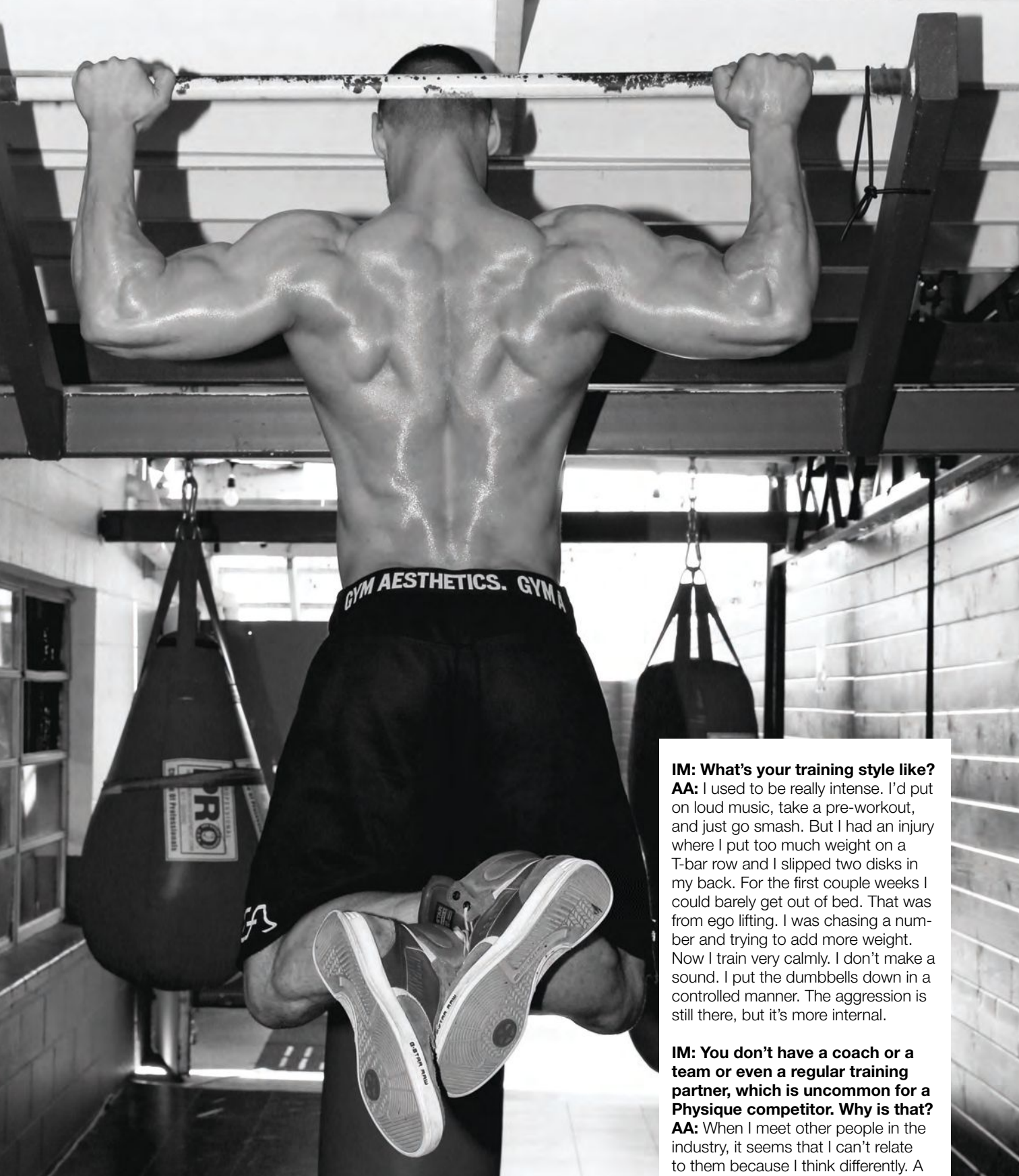
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Now I train very calmly. I don't make a sound. I put the dumbbells down in a controlled manner. The aggression is still there, but it's more internal.

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**IM: What's your training style like?**

**AA:** I used to be really intense. I'd put on loud music, take a pre-workout, and just go smash. But I had an injury where I put too much weight on a T-bar row and I slipped two disks in my back. For the first couple weeks I could barely get out of bed. That was from ego lifting. I was chasing a number and trying to add more weight. Now I train very calmly. I don't make a sound. I put the dumbbells down in a controlled manner. The aggression is still there, but it's more internal.

**IM: You don't have a coach or a team or even a regular training partner, which is uncommon for a Physique competitor. Why is that?**

**AA:** When I meet other people in the industry, it seems that I can't relate to them because I think differently. A lot of it is that people who constantly talk about the same things: They talk about other people, they talk about things they don't have rather than focusing on things they do have. I don't want to hear about what's going on



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in other people's lives, especially if it isn't my business. My foremost thing is to better myself as a person. I feel like if you want to be a great athlete, it all depends on how good of a person you are. So yeah, I keep it to myself pretty much. I have my friends and my family, and I have people who support me.

**IM: What's your approach to social media?**

**AA:** I try to keep everything very organic on social media. I try not to have any kind of veil over the info that I provide. I want to be as clear as possible. There are no hidden intentions behind it. I don't make posts based on money. I don't get paid for social media. I've never bought likes or comments. I don't do shares of other people's pages so that they share mine. If you follow me, you follow me for a reason. Otherwise, I don't have a problem if you don't follow me.

**IM: You sound like you have a love/hate relationship with social media?**

**AA:** Social media is great when the time is right. I'm a sponsored athlete, so my sponsors want to see me use a product or wear a shirt with their logo. If I need to take a picture, I'll take it at the beginning or end of my session. But I'm not going to do that throughout my actual working sets. I want to be respected as an athlete, not as a social media icon. **IM**



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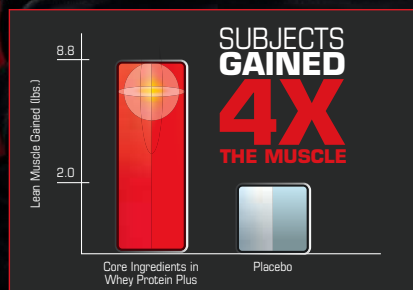
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Matthew  
Acton

**Age:** 27

**Lives:** Long Island,  
New York

**Profession:** Sales/  
marketing/R&D/pro  
athlete/meal prep  
foods owner

**Likes:** Anything relaxing. I  
like traveling and learn-  
ing about people and  
the world. I love cook-  
ing, photography, and  
videography

**Dislikes:** People who  
don't rack weights, ar-  
rogance, ignorance, and  
immaturity

**Favorite Clean Meal:**  
Double burger from  
BurgerFi, no cheese,  
1 tbsp ketchup

**Favorite Cheat Meal:**  
Anything Italian or a  
downright dirty burger

**Drives:** Yukon Denali

**Wants To Drive:** 2015 Ford  
Mustang. Don't hate.

**Listens to:** Ant Matos, an  
aspiring hip-hop artist  
who helps motivate me  
through his journey in  
his industry.

**Last Book Read:** I re-read  
my anatomy and physiol-  
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# Building the Strongest Pectorals

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BY ROGER LOCKRIDGE  
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SHOT AT METROFLEX GYM, LONG BEACH, CA

For the past couple of decades, a debate has taken place in gyms and weight rooms all over the world. Which is better: high-volume or high-intensity training? There are bodybuilding greats from the Golden Era like Arnold Schwarzenegger and Sergio Oliva who firmly believed that more was better when it came to building muscle. But legends of the gym like the late Mike Mentzer and six-time Mr. Olympia champion Dorian Yates believed that you could do as little as one work set to failure to achieve your best physique. So which side of the fence are you on?

## high-volume training

High-volume training is doing multiple sets of multiple exercises so you overload the focused muscle with as much stress as possible. Many programs out there call for 20 or more sets per bodypart as well as little rest between sets. The belief is the more stress you place on the muscle, the better it will recover and grow to help the muscle prepare for the next onslaught you inflict upon it. You can either perform all sets with the same weight, or increase the weight and decrease the reps as you perform each set. Workouts can take as long as over two hours to get through. But if you love the gym, this is just one more benefit for you. If you want the volume without the time commitment, you can do supersets. This is where you perform two exercises in a row before resting. You will complete the same number of sets in less time, but you will likely also get tired faster, which means you'll have to push yourself harder to get through the workout.

### HIGH-VOLUME TRAINING

**Weeks 1, 3, 5, 7, 9**

Perform the required sets and reps. Rest for one minute between sets.

EXERCISES	SETS	REPS
Push-Up	2	20
Incline Barbell Bench Press	3	6-8
Incline Dumbbell Flye	3	10-12
Flat Dumbbell Press	3	6-8
Flat Bench Cable Flye	3	10-12
Weighted Dip	3	6-8
Cable Crossover	3	10-12



#### PUSH-UP

Lie prone on the ground with your hands and toes touching the floor. Position your hands so your palms are flat and shoulder-width apart, with your elbows bent and touching your sides. While keeping your entire body as straight as possible, push your hands against

the floor and press yourself up until your arms are fully extended. Once you pushed yourself up, your hands and toes should be the only part of your body touching the floor. Hold this pose for a second before lowering yourself back to the starting position.





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#### **INCLINE BARBELL BENCH PRESS**

Lie on an incline bench and take hold of the bar with your grip a little wider than shoulder width. Keep your feet flat on the floor and your butt and back in contact with the bench. Unrack the weight and hold it at arms' length overhead. Lower the bar until it touches your chest while keeping your elbows close to your sides. Once the bar touches your chest, extend your elbows and press it back up overhead.

#### **INCLINE DUMBBELL FLYE**

Lie on an incline bench with a dumbbell in each hand. Press the weights up so they are at arms' length overhead. Turn your palms so they are facing each other. Keep your feet flat on the floor. This is your starting position. Slightly bend your elbows and lower the dumbbells out to your sides. At the bottom of the stretch, your elbows should be below parallel with your shoulders. This should create a stretch in your pecs. Keep your elbows out to your sides throughout the movement. Using force from your pecs, lift the weights back to the starting position.





A full-page photograph of a very muscular man, Raynor Whitcombe, standing in a gym. He is shirtless, showing his highly defined pectoral, abdominal, and arm muscles. He is holding two large, heavy-duty dumbbells in front of him with both hands. The background is dark and slightly out of focus, showing gym equipment. The lighting is dramatic, highlighting the contours of his muscles.

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# high-intensity training

High-intensity training, also known as HIT, is the polar opposite. In theory, you do one or perhaps two lighter warm-up sets and only one work set per exercise, and you limit the exercises to only a few key movements per bodypart. However, there are a lot of different angles to target the chest, so this program will include the same exercises for the HIT training as there is for the high volume. The one work set is to be taken beyond failure with one of a variety of intensity-boosting methods such as drop sets, rest-pause, forced reps, and cluster sets. This method takes less time, but it will also mean you

have one shot to make that work set count, so you don't want to hold anything back.

The other major difference between these two strategies is in the rest periods. The original architects of HIT recommended as much as five minutes between work sets so you're as optimized as possible to give everything you have to that singular set. Although the extra rest is great for strength development, studies show shorter rest periods are better for hypertrophy. In this version of HIT, you only rest for two minutes between sets in order to stay primed for the next exercise.

## HIGH-INTENSITY TRAINING

Weeks 2, 4, 6, 8, 10

Perform one warm-up set of 12 reps for each exercise before the work sets. Rest for two minutes between exercises. Each set should be an all-out effort.

EXERCISES	SETS	REPS
Push-Up	1	50
Incline Barbell Bench Press	1	3-5
<i>Intensity Tip: Cluster set of three sets of three to five reps with a 20-second pause between each</i>		
Incline Dumbbell Flye	1	8-10
<i>Intensity Tip: Perform five-second negatives on each rep</i>		
Flat Dumbbell Press	1	8-10
<i>Intensity Tip: Add a drop set after the last rep</i>		
Flat Bench Cable Flye	1	10-12
<i>Intensity Tip: Perform a 10-second rest-pause to failure after the last rep</i>		
Weighted Dip	1	10-12
<i>Intensity Tip: Perform a two-second pause in the bottom of the movement with each rep</i>		
Cable Crossover	1	10-12
<i>Intensity Tip: End the set with three forced reps</i>		

### FLAT DUMBBELL PRESS

Lie on a flat bench with a dumbbell in each hand. Press both dumbbells at the same time up to arms' length overhead. Keep your palms facing away from you and your feet flat on the floor. Lower the weights until your elbows are below parallel with your shoulders. Try to keep your elbows tucked into your sides while lowering the weights to keep the focus on your chest. Once the dumbbells are at chest level, press up immediately until you're back at the starting position.







#### FLAT BENCH CABLE FLYE

Position a bench in between two low cable pulleys with D-grip handles. Take hold of both attachments and lie on the bench with your feet flat on the floor. Hold the handles at arms' length overhead. While maintaining a slight bend in the elbows, lower the handles out to your sides until the weights are close to touching the stacks. This should create a stretch in your chest. Once your elbows are below parallel with the shoulders, lift the handles to return to the starting position.



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#### **WEIGHTED DIP**

Use a belt attachment, weighted vest, or hold a dumbbell between your feet for this exercise. Position yourself between parallel bars and place your hands on each bar. Hold yourself up on the bars with your arms for support. Lean slightly forward and lower yourself down so you feel a stretch in the pecs. Your shoulders should be slightly below parallel with the elbows at the bottom of the movement. Using force from your pecs, press yourself back up to the starting position.

## **INTENSITY TECHNIQUES**

**DROP SET:** Reduce the weight you're using once you reach failure so you can continue to perform more reps.

### **SUPER-SLOW**

**NEGATIVES:** Lower the weight more slowly than you usually would. One example is lowering the weight for five seconds instead of one. This increases the time under tension for the working muscles.

**REST-PAUSE SET:** Once you reach failure, stop for a matter of seconds before resuming the set.

**FORCED REPS:** Have a partner assist you through the lifting portion of each rep to overload the muscle with more weight than you're accustomed to lifting.

**PAUSE REPS:** Stop the movement at the bottom of the exercise to eliminate momentum. One example is pausing the bar on your chest during a bench press.

**CLUSTER SETS:** For this technique, you'll perform a few reps with extremely heavy weight, rest for 20 to 30 seconds, and repeat the pattern one or two more times.





#### CABLE CROSSOVER

Position yourself so you're standing between two upper cable pulleys with D-ring attachments. Grab each handle and stand so your arms are stretched out to your sides. Stick your chest out, tighten your waist, and squeeze each handle as tightly as you can. While keeping your arms straight, bring the handles in so they move forward and meet each other in front of your stomach. Your palms should face each other at this point. Slowly allow the handles back up until you return to the starting position.

#### TAKE ALL OF THE ABOVE

One look at the classic physiques of Arnold or Mentzer and you can see that both arguments hold up. Instead of trying to determine if one is better than the other,

why not take advantage of the benefits of both styles to create the physique of your dreams? That's exactly what this chest program offers. What follows is a 10-week protocol that will alternate between high volume and HIT. You will learn the differences and, more importantly, feel the differences for yourself so you can decide if you respond better to one or the other. There is a good possibility that you will get something from both styles and continue to follow similar programs for other bodyparts. You shouldn't have to make an A or B decision when it comes to high-volume or high-intensity training. Instead, make a C decision, which is all of the above. Toggling between volume and intensity can help you maximize the development of your pecs with this program and your entire physique if you choose to apply this strategy with the other muscle groups. This will also keep your program fresh and interesting, which means fewer plateaus and more gains. **IM**

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# CORE

HIT YOUR ABS, WORK MAJOR MUSCLE GROUPS, AND BURN A BOATLOAD OF CALORIES IN THIS SHORT BUT INTENSE TIME-SAVING CIRCUIT.

# POWER

---  
BY  
MIKE CARLSON

PHOTOGRAPHS BY  
MICHAEL NEVEUX

**THE FIRST RULE OF FITNESS IS, "SOME** is better than none." There are days when you won't be able to hit a 90-minute gym session. That doesn't mean that 25 minutes is a waste of time. When done correctly, you can work your abs, train the large muscles of the posterior kinetic chain, improve biometric abilities such as power and endurance, and consume a surprising number of calories in one 25-minute workout. It's called the Core-Power Circuit.

**Name:** Kyle Clarke  
**Height:** 5'11"  
**Weight:** 180 pounds  
**Hometown:** Las Vegas, NV  
**Favorite exercise:** Bench press  
**Sponsor:** MRI Performance  
**Twitter:** @kyle\_clarke  
**Instagram:** @kyleclarke  
**Periscope:** @Kyle\_Clarke

SHOT AT METROFLEX GYM, LONG BEACH, CA





**CIRCUIT-STYLE WORKOUTS ARE TYPICALLY USED FOR METABOLIC TRAINING, AND WHILE THIS CIRCUIT IS NO DIFFERENT, IT HAS GREATER GOALS THAN JUST LEAVING YOU IN A PUDDLE OF YOUR OWN SWEAT. BESIDES BURNING THROUGH HUNDREDS OF CALORIES AND FORCING YOUR HEART RATE TO GO THROUGH THE ROOF, IT ADDRESSES SOME RELATIVELY SOPHISTICATED FITNESS OBJECTIVES.**

### **POSTERIOR KINETIC CHAIN**

**THE DUMBBELL MOVEMENTS IN THE** Core-Power Circuit heavily tax the posterior kinetic chain (PKC). There's a reason for that. The PKC is made up of the muscles that line the backside of your body: the gastroc-soleus complex, the hamstrings, the glutes, rhomboids, traps, lats, lumber erectors, and the deep cervical extensors. The muscles of the PKC allow the body to extend as well as generate power and deceleration in rotational movements. Besides being some of the major showcase bodyparts for Physique and Bikini competitors, these are also key muscle groups for athletic performance and functional strength.

*"The posterior kinetic chain has a high percentage of fast-twitch fibers," says strength coach and kinesiologist Brian Richardson, MS, CPL2, NASM-PES, the co-owner of Dynamic Fitness in Temecula California, where he works with a wide spectrum of amateur and professional athletes. "Because of that, you'll see more hypertrophy, which will accelerate the metabolic rate."*

### **POWER-ENDURANCE COMPLEX**

**THE USE OF VARYING REPETITION** tempos is one of the devilish details of the Core-Power Circuit. Intermittently training fast rep schemes with slower ones builds work capacity while also stimulating those type-II muscle fibers in the PKC. These fast-twitch muscles have a greater capacity for growth than type-I fibers and thus lead to bigger hypertrophic gains more quickly. Combining the two tempos into one circuit not only develops two separate energy systems and abilities, it also has a potent effect on the metabolism.

*"I would classify this as a power-endurance workout. The slow tempos target stabilization and strength, and the sprints and fast-paced movements are, by definition, power movements," Richardson says. "This tempering of energy systems ramps up the caloric expenditure. It burns a ton of calories."*

### **CORE STRENGTH**

**ALL FOUR EXERCISES IN THE CIRCUIT** force the core muscles to provide stability and rigidity. The load is relatively light, but the slow tempos call for significant time under tension. It initiates what Richardson calls "a gradient core approach." Instead of actively bracing all of the core muscles at one time, the way you would with a heavy squat or a deadlift, the circuit slowly but surely recruits dormant muscle fibers, one after the other.

*"Slow tempos kick on more of the core and the transverse abdominal muscles because it forces the body to respond to the duress," Richardson says. "Since the intensity and loads in this circuit are not very high, and as a result of the significant time under tension, the exercises will call upon the muscles of the core in a sequential manner: the transverse abdominis, then the internal obliques, the external obliques, the rectus abdominis and so forth. By the time you hit those sprints, they will start turning on the deep muscles in the abdominal wall."*

---  
BE  
WARNED

**THERE'S A TRADE-OFF FOR JAMMING 60 MINUTES OF EFFORT INTO A 25-MINUTE WORKOUT, AND THAT TRADE-OFF IS PAIN. THE EXERCISES IN THIS PROGRAM ARE INCREDIBLY TAXING, AND THERE IS NOT MUCH REST TO BE HAD. BUT THAT'S WHAT YOU GET FOR NOT MANAGING YOUR TIME BETTER, RIGHT?**





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# CORE-POWER CIRCUIT

**PERFORM THE FOLLOWING EXERCISES IN CIRCUIT FASHION** using the same set of dumbbells for all exercises. Move immediately to each exercise with no rest between. At the end of each complete circuit, rest for one to two minutes. Complete three to four total circuits, depending on your conditioning.

It's important to follow this specific order of exercises, which are listed in order of neurological load. The dumbbell overhead walking lunge demands serious control, so you want to get through it while your nervous system is still fresh.

Lastly, pay close attention to the tempo of each exercise. In the chart below, the numbers indicate the amount of seconds it should take to complete the eccentric and concentric portion of each rep. The renegade row and dumbbell overhead walking lunge should feel very slow, while the thruster and treadmill sprints are power moves that are meant to be performed quickly and explosively.

EXERCISE	SETS	REPS	TEMPO
1. Dumbbell Overhead Walking Lunge	3	15	3/3
2. Dumbbell Thruster	3	20-30	1/1
3. Renegade Row	3	30	3/3
4. Treadmill Sprint	3	4/30 sec	80%/20% max

## 01 --- DUMBBELL OVERHEAD WALKING LUNGE

Stand with your feet hip-width apart and a dumbbell in each hand. Press both dumbbells overhead so your elbows are fully locked out. Make sure you are not

excessively arching your lumbar spine to keep the weights in position. Take a big breath, contract your core and glutes, and then take a large step forward. Bend both knees to 90 degrees and descend into a lunge. Keep the weights directly above your head, your abs braced and your chest high. Push off your front foot and step into the next lunge with your back foot.

### BONUS CHALLENGE:

*For more glute activation, perform a hip extension at the end of each lunge. When you come back up and reach the top of the movement, lift the rear leg from the hip so it travels behind you. Squeeze the glutes and then step right into the next lunge.*





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\*Soy-dairy protein blend and whey protein ingestion after resistance exercise increases amino acid transport and transporter expression in human skeletal muscle.\* Reidy, P.T. et al., *Journal of Applied Physiology*, April 3, 2014.

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02

DUMBBELL  
THRUSTER

Holding a dumbbell in each hand, stand with your feet a bit wider than shoulder-width apart. Bring each dumbbell to shoulder height, with your elbows pointing down, and the weight resting on your front delts. Move your hips back and descend into a full squat, keeping your chest up and eyes forward. From the bottom, push your knees out and drive up through your heels. As you near the top, thrust your hips forward and press the dumbbells overhead. The explosive motion of the hips should propel the weight most of the way. After you fully extend your elbows, return the dumbbells to your shoulders before beginning the next squat.





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03  
---  
**RENEGADE  
ROW**

Get into a push-up position with your hands gripping dumbbells rather than on the floor. (Hex dumbbells work best for this exercise.) Tighten the glutes and pull your belly button in

as you contract your core and control the pelvis. Perform a single push-up, and as you come to the top, row the dumbbell in your right hand to your side. Fight to keep your chest squared to the ground and your hips in a neutral position—do not let the hips rotate or cave in. Return the weight to the floor, perform another push-up and then row the other dumbbell up to your

side. The smaller the base of support, the more difficult the movement. Beginners should place their feet outside the width of their shoulders. Intermediate lifters can go shoulder width or narrower, and an advanced option is to have the feet together or even one foot on the other. Perform the full 30 reps (15 each side) before moving to the next exercise.



04  
---  
**TREADMILL  
SPRINT**

of 30 seconds at an easy pace that is about 20 percent of your max effort. Repeat the process for a total of four 30-second efforts (two fast, two slow).

Set the treadmill to zero grade and to a speed that is 80 percent of the maximum effort you could hold for 30 seconds. Once the treadmill has come up to speed, get on by supporting yourself with the handrails and slowly lowering yourself until you can match the pace of the belt. After sprinting for 30 seconds, jog for a recovery interval

The treadmill is an ideal piece of equipment for this circuit because you can set up next to it and leave it on while you blast through the dumbbell exercises. It allows you to keep your pace and intensity. If an injury precludes you from running, or you don't have access to a treadmill, you can substitute an exercise bike, rower, battling ropes, or outdoor running.



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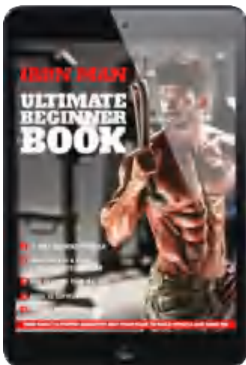
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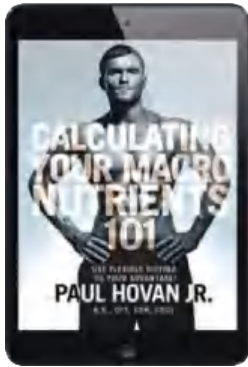
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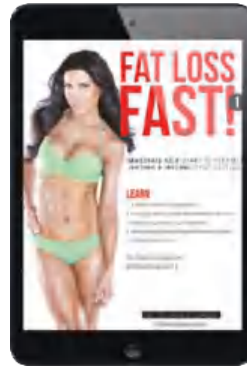
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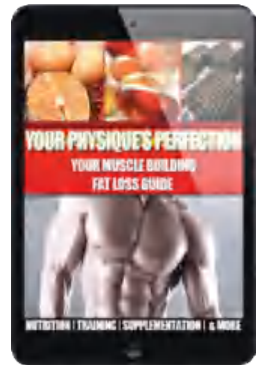
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# BRINGING THE HEAT

Thermogenic formulas are constantly changing and improving. Check out these next-generation fat-burning ingredients.

BY JENEVIEVE  
ABPER, PH.D., CSCS

**T**rying to find a thermogenic that is perfect for you is similar to nailing Jell-O to a tree. What works for your gym partner may be too harsh for you, or you just may not respond to it. There are so many different ingredients, and each individual has their own biochemical tolerance levels and receptor sensitivity, so finding the right thermogenic ingredient for you is a system of trial and error. Here's a rundown of some of the latest and most promising ingredients to look for that can help you feel the burn and get shredded. You may not have even heard of





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**BETTER BODIES**

some of these, but one could be the fat-burning substance that jibes the best with your own system.

It should be noted that most of these supplements are not used by itself for supplementation, but rather are combined in a blend that contains one or more ingredient along with caffeine. Our previous issue already examined caffeine and its ability to increase your metabolism; however, when several additional ingredients are added, it is possible that unpleasant side effects—rapid heart rate, anxiety, irritability—can arise if overused. Make sure you always follow the manufacturer's label regarding use to prevent any unwanted reactions. If you can find the formula

one of the reasons why dark chocolate enjoys a reputation as a health food. One ounce of milk chocolate has about 60 milligrams of theobromine, while one ounce of dark chocolate has about 200 milligrams. It has similar effects to that of caffeine in that it increases your metabolism, but to a lesser extent. However, it's more widely known as a diuretic and used to treat high blood pressure. It's even been shown to mitigate the symptoms of asthma.

Theobromine research has provided modest yet positive results regarding its use as a fat burner. In fact, it's been shown to significantly reduce body fat when combined with regular exercise. Additionally,

## ONE OUNCE OF MILK CHOCOLATE HAS ABOUT 60 MILLIGRAMS OF THEOBROMINE, WHILE ONE OUNCE OF DARK CHOCOLATE HAS ABOUT 200 MILLIGRAMS.

that agrees with you, then a good thermogenic product can help you achieve that lean and shredded look you've always wanted.

### THEOBROMINE

**B**elieve it or not, theobromine is found in cocoa and, to a lesser degree, chocolate. In fact, the darker the chocolate, the higher the theobromine content, which is

theobromine has also resulted in improved blood lipid profiles. This is done by theobromine attaching to certain receptors that activate pathways leading to lipolysis (fat breakdown). Although it boosts the metabolism to a lesser extent than caffeine, it does stimulate the heart to a greater degree. It's possible to feel like your heart is racing while supplementing with it.



## WHAT'S BREWING WITH GREEN COFFEE EXTRACT?

Green coffee extract (GCE) exploded on the scene a few years ago. Derived from unroasted, green coffee beans, it was heralded by daytime talk show host and alternative medicine hype man Dr. Oz as a "miracle" for fat loss. However, it didn't take long to conclude that the existing trials on GCE were not controlled very well, and the accuracy of the data was cast in doubt. In fact, one of the studies that was published on GCE and weight loss was retracted by the journal due to the accuracy of the data being unclear. As a result of the distorted clarity on whether GCE promotes weight loss, the guest on the episode of Dr. Oz who promoted the unsubstantiated claims was fined by the FTC for nine million dollars.

Let's be clear, GCE may work for some people, but does the effect warrant the hype? Probably not, but it might not deserve all the hate either. The few credible studies that have been published report only a small effect. The bottom line is, like many thermogenics, this one is most likely more effective when taken in conjunction with caffeine and other fat-burning ingredients than as a pure stand-alone supplement.



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Currently it is recommended that users consume approximately no more than 1,000 milligrams of theobromine each day. You should probably start out with a smaller dose, just as you would with any other thermogenic, and work your way up to larger doses; although, don't consume over 500 milligrams in a single dose. You can purchase it in a pure form or in a supplement.

#### **6-PARADOL/GRAINS OF PARADISE**

**G**raains of paradise is a botanical from West Africa that derives from the ginger family. It has recently been receiving attention because a few celebrity chefs use it in place of traditional black pepper to flavor certain foods. From it, the principle ingredient that is extracted is called 6-paradol. Although research is still emerging, it is believed that 6-paradol increases thermogenesis.

### **A RECENT STUDY DETERMINED THAT DAILY INGESTION INCREASED WHOLE-BODY ENERGY EXPENDITURE AND DECREASED VISCERAL FAT THROUGH ACTIVATION OF BROWN ADIPOSE TISSUE.**

A recent study determined that daily ingestion increased whole-body energy expenditure and decreased visceral fat through activation of brown adipose tissue. Brown adipose tissue is thought to be metabolically active and is particularly active under cold stress. Upon activation, it increases your metabolism to increase heat production.

Research has shown that approximately 30 to 40 milligrams per day resulted in an increase in energy expenditure. Because it's a spice, you can use it on your food in place of pepper, and you can take it in several popular supplements, as more companies are incorporating it into their thermogenic formulas.





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## RAUWOLSCINE

**R**auwolscline is an extract from a specific type of shrub. It's very similar to yohimbine in that it works as an antagonist to certain receptors. Essentially it blocks the specific receptors, which results in the release of nitric oxide and nor-epinephrine. (Because of this, it can increase blood pressure and heart rate, and is thus classified as a central nervous system stimulant.) These receptors are located on fat cells, and when rauwolscline attaches to these receptors, it causes the release of stored fat.

Very few studies have investigated the effects of rauwolscline by itself; however, several studies have shown that ingestion of it as part of a supplement blend results in reduced bodyweight and body-fat percentage. It's uncertain whether rauwolscline was the main cause of the weight loss because it was used in conjunction with other ingredients; however, a supplement that contains only yohimbine and rauwolscline

reportedly results in fat loss and appetite suppression. More studies are needed to determine its effec-

## A REVIEW OF 20 DIFFERENT STUDIES DETERMINED THAT CAPSAICIN RESULTED IN INCREASED ENERGY EXPENDITURE, INCREASED LIPID OXIDATION, AND REDUCED APPETITE.

tiveness, but reports from users are promising.

Determining an effective dose of rauwolscline has been difficult for researchers. Because it is very similar in structure to yohimbine, recommendations on dosage are

similar to that of yohimbine. Experts recommend that you ingest no more than 0.2 milligrams per kilogram of bodyweight, although less may be used to obtain the desired effect.

## CAPSAICIN

**C**apsaicin is an active chemical in chili peppers. It produces a burning sensation with any tissues it contacts. If you've ever peeled a green chili without gloves on and then rubbed your eyes, you know what I'm talking about. But even more, capsaicin is one of the more widely researched ingredients to be used in dietary supplements for weight loss. The mechanism of action is unclear, but it appears that it may increase metabolism by activating brown adipose tissue.

Recent research has shown that ingestion of 135 milligrams of capsaicin per day increased fat oxidation compared to a placebo. Further, a review of 20 different studies determined that capsaicin resulted in increased energy expenditure, increased lipid oxidation, and reduced appetite. They also found that regular ingestion resulted in reduced belly fat.

Since capsaicin is considered an irritant, it is possible that too much ingested at a time can cause some unwanted side effects. Experts recommend you ingest no more than

500 milligrams in a single dose, but most products that contain capsaicin keep the dosage relatively low and spread throughout the day. Capsaicin can be bought as a cayenne pepper extract, which limits a single dose to 500 milligrams. **IM**

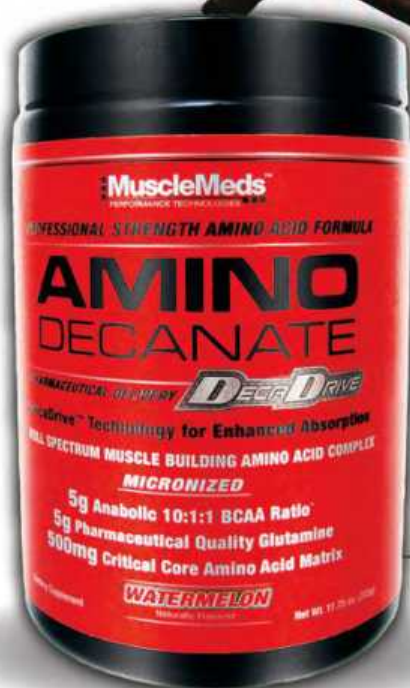




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# TRAE OF LIGHT

INTERVIEW BY DR. CAT BEGOVIC

WWE DIVA **SUMMER RAE** SHEDS HER VILLAINOUS PERSONA TO TALK ABOUT FITNESS, FAME, AND THE BEST FANS IN THE WORLD.

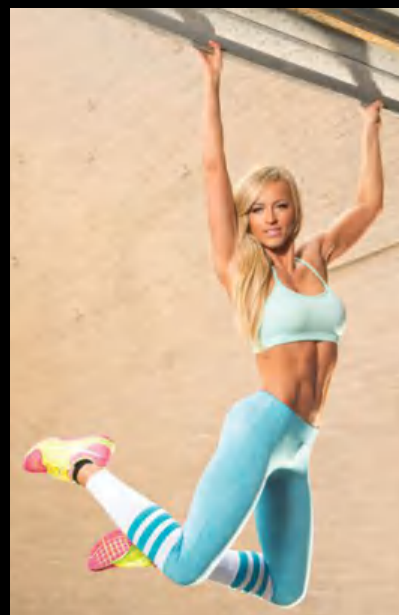
Summer Rae, one of the WWE's most infamous and devious Divas, is known for using her good looks and insanely long legs to distract her male opponents and wow the crowd. She stirs up the drama on the reality TV show *Total Divas*, but behind that perfect blonde hair and sequined costume is Danielle Moinet, a multitasking and unbelievably sweet woman. I sat down with this beauty over sushi and learned more about her inspirational journey and passion for fitness.

**Dr. Cat Begovic:** I know our readers are dying to get to know you, so let's start with a little about your background.

**Danielle Moinet:** My dad is French and my mom is British. I'm the first person in my family to be born in the U.S. I was born on Long Island but moved to North Carolina at a very young age. I grew up in Raleigh, North Carolina, and attended East Carolina University. I'm the first person in my family to graduate from college.

**CB:** How did you end up in Chicago?

**DM:** I had a desk job out of college and I remember sitting in front of a computer screen for 50-plus hours a week and thinking, "This can't be the rest of my life!" So I picked a city and moved my whole life to start fresh. I had never been to Chicago and didn't know anyone there. Actually, I hadn't even seen much snow before that! It was a scary step, but no one is going to live your life for you! If you want change, then change it!



Location Shoot: 220 Fitness, Santa Monica, CA





**CB: How long have you been a fan of WWE?**

**DM:** I've always been a wrestling fan. Growing up it's what my dad and I did on Saturday mornings. We watched wrestling! When I was living in Chicago, I would tell my friends I couldn't hang out with them on Mondays because I had to watch *Monday Night Raw Live!* When I'm backstage I still watch it and enjoy it as a fan!

**CB: How did you break into the WWE?**

**DM:** I was working at a Chicago Wizard World Expo, and I heard that some WWE superstars were there. Being a WWE Diva was always a dream of mine, but I honestly I didn't know if it was attainable. There are only 14 girls currently on the roster, so it's supercompetitive. I ran over to talk to them and told them how much I wanted to be a part of it. Then I bought tickets to a *Monday Night Raw* show and I reached out to them, and they helped me set up a meeting. I went to the show early and was given a few minutes with the talent director and Triple H. I only had a couple minutes with them face-to-face, so I had to make it count! A month later, I was flying down to Florida for my tryout!

**CB: I heard the WWE training camp is super intense. What was it like for you?**

**DM:** It's so overwhelming at first and physically tough of course, but mentally draining as well. We would train in the ring four days a week for hours and hours, then straight to strength and conditioning. It was really challenging, but almost all of the WWE Divas have gone through it. We've survived the hard days and all the ups and downs, and it brings you together. My training and my time in development molded me into who I am today, so I wouldn't trade that for anything.





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Dr. Cat Begovic is a double board certified plastic surgeon from Harvard and UCLA. She has published or presented over 40 articles in scientific journals and meetings and has been seen on various TV programs such as *"The Doctors"* TV show, *Entertainment tonight*, *CBS news*, *Fox*, and *Spike TV*.

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*I'M ABLE TO BE A ROLE MODEL FOR PEOPLE AROUND THE WORLD, AND THAT'S SO IMPORTANT TO ME. WWE HAS AN ANTI-BULLYING CAMPAIGN CALLED "BE A STAR" WHERE WE GO TO SCHOOLS ACROSS THE COUNTRY AND TALK ABOUT THE IMPORTANCE OF SHOWING TOLERANCE AND RESPECT.*

**CB: What is the greatest thing about being a WWE diva?**

**DM:** The greatest thing is the platform we are given, and utilizing that to make a positive impact. We truly have the best fans in the world, and our product reaches so many households and families. I'm able to be a role model for people around the world, and that's so important to me. WWE has an anti-bullying campaign called "Be A Star" where we go to schools across the country and talk about the importance of showing tolerance and respect. Being able to work in the community like that is one of the best parts of the job.

**CB: What's the hardest thing about your job?**

**DM:** I love traveling, but one of the hardest things is being away from family and friends. Being on the road almost 300 days a year, you don't really have a home. I like to call my house my storage unit. At times I miss that normalcy, but I think if I did have a normal life, I would probably be bored.

**CB: Do you enjoy all the attention?**

**DM:** It's funny, but being recognized is weird for me. To be completely hon-

est, I still kind of don't get it. I'm just me! If I'm at a big event like a football or basketball game, getting recognized gives me anxiety. I'm more than happy to take a picture and meet people, but when a group of people becomes a crowd I start freaking out. I'm perfectly fine with flying under the radar!

**CB: How did your passion for fitness start?**

**DM:** Well, you can say I was a late bloomer. In middle school I got picked on a lot for being thin. I didn't have my first boyfriend until almost high school graduation. That's right, no one asked me to prom! In Chicago, I didn't have a car, so I walked everywhere. I started seeing changes in myself and then I started getting into weight training. I would see results and want to know why and how I could build on that. I was like a sponge!

**CB: What's your training schedule like?**

**DM:** I lift four days a week, and on my fifth day I do HIIT if I have time. I try to do intense cardio twice a week, but because of my schedule I sometimes have to do it on a lift day. SoulCycle is my new favorite! I'm pretty obsessed with it, as we just got it in Chicago. I love the positivity in the class and the

loud music. If I'm going to do cardio like that for an hour, I need someone yelling at me and pushing me!

**CB: What's your diet like?**

**DM:** Right now I'm eating the most I've ever eaten and I'm the leanest I've been in years! Alex Carneiro [IFBB Physique pro] wrote me a meal plan at the beginning of the year, and I have learned so much since! Generally speaking, I count my macros and I have a goal every day to reach. I get so busy with TV that I actually undereat a lot of the time. I eat three meals a day with two snacks in between. So five meals total, with lots of water.

**CB: How do you stay in shape on the road?**

**DM:** The first thing I do after traveling is Google the nearest gym. I get in a good workout, then I get to the arena and have my match. Sometimes we don't get to the next city until four a.m. but I'm up at nine a.m. to hit the gym. This year I started ordering my food from ICON Meals and having them deliver it to me on the road. I can customize my meals to my personal plan. Bringing my food on the road has changed everything for me.



## SUMMER RAE

**Name:** Danielle Moinet

**Profession:** WWE Diva, actress

**Height:** 5'10"

**Weight:** 133 pounds

**Age:** 31

**Status:** Unmarried

**Lives:** Chicago; from Raleigh, North Carolina

**Likes:** Fitness, music, football, the beach, and wrestling

**Dislikes:** Smoking, snakes, spicy food

**Favorite vacation spot:** Anything tropical

**Listens to:** Literally everything—punk rock, metalcore, pop, soul, R&B, rap, country

**Latest book read:** *House Of Leaves* by Mark Z. Danielewski

**Favorite quote:** "Speak it into existence."

**Favorite workout song:** "A Day To Remember" by 2nd Sucks

**Favorite cheat meal:** Pasta, pizza, and everything chocolate!

**Favorite clean meal:** Breakfast—three egg whites, one whole egg, oatmeal, and strawberries

**Favorite exercise:** Deadlift

**My charity:** The Dean Thomas Moinet Foundation (DTMFoundation.webs.com)

@RealSummerWWE  
 @DanielleMoinet

**CB:** How do you differ from your character, Summer Rae?

**DM:** Summer Rae is flat-out nasty! She's mean and conceited and will stab you in the back in a heartbeat. That couldn't be further from the truth for me. I treat others how I want to be treated, and that's something my parents have always taught me. The best compliment I receive nowadays is that I haven't changed. I am the same person I was before all of this, and that's huge because so many people change once they become a public figure.

**CB:** Are your fans surprised when they meet you?

**DM:** Fans are shocked when they meet me! You never got to see who I really am on *Total Divas*, and I'm certainly not the diva I play on

*Raw* or *SmackDown*, so fans are surprised. I take it as a compliment when people say, "Wow, you're so nice!" I kind of wish everyone knew the real me, but I guess it makes my job of being a TV bad guy easier!

**CB:** What does the future hold for you?

**DB:** My career with WWE is important to me. Every day I try to get better and work on my skills. We have the best fans in the world, so I hope to make them proud. I love connecting on social media with others who are into fitness—so tweet me! Also, my family has a charity in North Carolina for medically fragile children, so I'm looking to volunteer as much as possible. The Dean Thomas Moinet Foundation is a great cause, so I want to help with events! **IM**



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## ○ In Over Your Head

By Cornell Hunt, CSCS

Don't neglect this important strength-building move.

The ability to press, stabilize, and move with weight over your head is an integral part of optimizing your training. Strength and conditioning coaches place an emphasis on proper technique, sometimes prioritizing movement patterns over specific muscles trained. For upper body, the ability to horizontally push (bench press), horizontally pull (row), vertically push (overhead press), and vertically pull (pull-up) are all important movement patterns that need to be mastered to ensure lifters possess a balanced body in both strength and aesthetics.

Overhead pressing is an often-underutilized exercise. The shoulder is a very delicate joint, and extreme care must be shown when developing it. Having the strength to perform overhead pressing, as well as having the proper flexibility in key joints, will greatly minimize your risk of injury.

When most people think about training their upper body,

they automatically think bench press. Now this article is by no means a ploy to take you away from benching, but when you're pinned down on a bench, your shoulder blades remain squeezed together. Over time, you shoulder blades lose their ability to move freely. (These "floating" bones are very mobile, having the ability to rotate outward, squeeze together, lift upward, and depress downward.) This is one important reason why everyone should perform vertical-pressing movements. Pressing over your head allows your shoulder blades to move in their natural rhythm, which helps to prevent injuries.

### Freedom Of The Press

When overhead pressing, take into consideration your daily living conditions and how they may affect your training. Since the majority of Americans have jobs sitting down, over

time their shoulders become rounded, resulting in their pectoral muscles becoming shortened and their spine being forced into constant kyphosis. Also keep in mind that every lifter loves to bench press, which shortens the chest muscles even more. Most people don't train their back or rear deltoids as much as they should, so over time this causes problems. When you develop these issues, pressing a barbell overhead can become a glitchy painful nightmare. In order for you to push that weight skyward, you must do some funky things with your lower back to compensate for your compromised mobility. Many people need to drastically hyperextend the lumbar spine. If you attempt to keep your back flat and straight, you'll quickly realize that your flexibility issues won't allow that barbell to be pressed overhead in a correct path.

A great assessment tool for realizing imbalances is the back-to-wall shoulder flexion. This exercise will help you identify what kind of preparation you may need to do prior to lifting a weight overhead. Place your feet about six inches away from a wall and put your butt, back, and head against the wall. Leading with your thumbs, bring your arms straight out in front of your body and then over your head, touching your thumbs to the wall over your head. If your back, butt, or head lose contact with the wall or you must do anything compensatory to allow this movement to happen, you will need to spend some time doing prep work before continuing to put weight over your head.



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To further validate the effectiveness of new Clinical Strength T-BOMB 3xtreme, MHP had the University of Tampa Human Performance Laboratory conduct a clinical study.\* In this study, the goal was to test Clinical Strength T-BOMB 3xtreme on highly trained athletes (not the typical couch potatoes often used in other studies). MHP researchers wanted to test their formula in a setting that would be typical of its users' regimens. There were two groups of subjects: One group was given T-BOMB 3xtreme and the other group was given a placebo. Remarkably, the athletes using T-BOMB 3xtreme experienced significant improvements in their testosterone-to-estrogen ratio and showed a 32% increase in free testosterone with no estrogen increase. The placebo group showed no increase and in fact saw a decrease in testosterone and lean muscle. The researchers concluded that T-BOMB 3xtreme proved to be an effective formula for enhancing testosterone and keeping estrogen levels in check. The study also shows the vital importance of taking an effective testosterone enhancement for athletes who engage in intense exercise programs.



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# EXTREME TRAINING



Strict overhead pressing is not only an effective strength-building exercise, it is the foundation for more advanced moves such as the push-press and overhead squat. When you begin pressing, keep these cues in mind:

- Set the squat rack up so an Olympic bar is loaded onto J-hooks that are even with your armpits.
- When you address the weight, grab the bar just outside your shoulders.
- Make sure your elbows are directly located under your wrists. This will allow you the most power to press the bar overhead.
- Your feet should be between hip- and shoulder-width apart, but this is a personal preference.
- Try to keep your wrists as straight as possible. One thing I always cue people on is to “punch the sky.” Make sure your wrists are straight and keep your knuckles pointed to the ceiling.

Here are some preparation movements you can do to help get you loose before heavy overhead pressing: Lie facedown and place a lacrosse ball under your chest and vigorously roll it out, forcing your pec tissue to loosen up. Next, place a lacrosse ball under your lats as you lie on your side, and roll it out to help loosen up those muscles. Take a foam roller and place it across your mid-back as you're lying down, and perform thoracic extensions to help make sure your thoracic spine is mobile enough to perform overhead pressing. Finally, perform scapular push-ups in which you simply get into a push-up position and repeatedly protract and retract your shoulder blades with your arms locked out. These various exercises may not solve the problem completely, but they will help get you on the right path.

- When you are about to press, squeeze your glutes. This helps tremendously since it takes a ton of pressure off your lower back.
- Tuck your chin in and press the bar in one smooth motion over your head. When you do this, it allows the bar to be pressed directly overhead up without moving off a straight bar path. If you don't tuck your chin, you might jam the bar into your chin or you'll need to press the bar forward to go around your head.
- Do not make the mistake of leaning back to press it, as this will put you at risk of blowing a disc in your back.

The amount of sets and reps you perform are based off your goals and training experience. If you're just beginning, aim for four sets of six to 10 reps. If strength is your goal, then stay under five reps. If you're looking to build muscle mass, operate between six and 12 reps. And if you're doing this for fat loss, such as in a metabolic circuit, then bump it up to between 12 to 20 reps.

There are a few accessory exercises that can help to build the strength and stability needed to press overhead efficiently. I'm a fan of single-arm overhead walks, also known as waiter carries. Grab a kettlebell or dumbbell and press it overhead. Walk a certain distance (I recommend 20 yards) with the dumbbell overhead and your arms and shoulders locked into a stable position. You should be standing upright with a stiff and stable torso. This is a great way to build dynamic stability in your shoulders.

Another exercise I advocate is the basic dumbbell Arnold press. This is a bodybuilding favorite and rightfully so. The shoulder is a ball-and-socket joint, and this exercise helps to keep that shoulder moving in its natural rotational motion, as opposed to a fixed up-and-down movement.

Overhead pressing is an exercise that often gets thrown into the mix with “The Big Three” (squat, bench, deadlift). It's a great way to build strength in your shoulders, as well as determine if you have any mobility issues. Big benchers know the importance of having strong shoulders, so adding overhead presses into their routine will help your bench-press numbers grow. The addition of overhead presses into your weekly training—and then using that strength to add new exercises such as push-presses and overhead squats—will allow you to experience gains in your performance that you didn't know were possible. **IM**

*Cornell Hunt is a Certified Strength and Conditioning Specialist in New Jersey who works with pro and amateur athletes. He is the MHP Xtreme training coach. For more information, log on to MHPStrong.com.*





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## ○ BLURRING THE LINES

By Eddie Avakoff

The origin of a modern fitness icon and the birth of the hybrid-training philosophy.

The classic era of bodybuilding and weightlifting undoubtedly occurred in the 1970s and early 1980s. Back then, gyms weren't deemed "hardcore," they were just gyms. Filled with iron, chalk, and sweat, these gyms weren't fancy because they didn't have to be. After all, "fancy" didn't belong in a gym because it didn't produce results. However,

somewhere between then and now, something happened to our beloved gyms. Fancy happened. Machines started providing assistance, flat-screen TVs appeared, chalk disappeared, grunting was frowned upon, and the elliptical was born (don't get me started on the elliptical).

Basically, gyms became soft. Subsequently, its members did, too. What do you expect when facilities are no longer conducive to hard training? Weak gym, weak members.

Every gym has those few members who can get past the fluff. They go hard because they have goals and focus. Sadly, no matter how hot that fire burns, progress can be limited by the Globo Gym conditions. But put those same athletes inside a real gym, with like-minded people, legit equipment, and an aggressive atmosphere—that's when progress breaks through the boundaries and becomes limitless.

In 2010, I knew that hardcore athletes needed something more than corporate fitness and cramped garage gyms, so I decided to do something about it. I set out to create a home for the hardcore enthusiast.

Metroflex LBC was founded and built upon the embodiment of old-school hardcore training. Its principals are based in hard work and the people willing to do it. So that's what I wanted to create: a training center for hard workers. To many people (including my parents), it was a recipe for a madhouse. But to those who understood my vision, it was a temple. It was our salvation.

Working at corporate fitness centers throughout much of my early years taught me a lot about running a training facility. What to do and, more importantly, what not to do. Similarly, fact-finding missions to legendary facilities like Westside Barbell ignited my creativity. I saw unique equipment, unorthodox programming, and detailed coaching. I'd ask myself, "Why didn't more people train like this?"

Then it hit me. "Train" was the key word. Real athletes train. They don't exercise. "Train" means there's a goal to achieve. "Exercise" means it's a chore. People who exercise lack the focus of athletes who train. What dictates a training mentality is the athlete and their level of focus and commitment. Attitude is everything. I wanted to build a facility



Courtesy of Metroflex LBC



# HYBRID TRAINING



Courtesy of Metroflex LBC

for people who wanted to train. And I wanted to include everyone: powerlifters, bodybuilders, Strongmen, CrossFit athletes, MMA fighters, endurance racers, and everyone in between.

Blending different sports and training styles into one facility was an important part of the equation. I adamantly believe that a successful athlete, especially a hybrid athlete, will explore different fitness routines and modalities in order to improve their overall athleticism. For example, a bodybuilder might use powerlifting in order to develop overall strength and muscular density. A CrossFitter can use machine isolation exercises to focus on weak spots in order to improve the overall system. And a powerlifter can add a little boxing for some conditioning and work capacity. Everything has its place. So instead of separating athletes according to their sport or goals, we created a vastly

equipped facility that welcomed athletes of all different endeavors and gave them a home to execute real training.

When Metroflex Long Beach opened for business on May 28, 2011, it was with extremely limited means. We had about one-tenth of the equipment that we have today. That's when atmosphere becomes an important component in a gym. Camaraderie, loud music, wall murals, and a code of conduct are all intangible qualities that define a gym. We turned an empty warehouse with a few barbells, plates, and sleds into a battleground of pain and hard work. And the atmosphere we created fueled our members.

Initially upon opening, I thought there would be a line out the door and around the corner. I couldn't have been more wrong. When the doors opened, I heard crickets. Everyone was still lost in the Globo Gym bubble. So when nobody showed up, I realized it was up to me to bring people in and change their perspective. One by one, people tried Metroflex LBC, a workout in a "real gym" as many people described it. After one workout, people were hooked. They never wanted to go back to their corporate gym again.

People felt at home here. No egos or diva behavior, just sincere lifters who were passionate about the iron and a healthy lifestyle. Anyone else would have just left this grungy old warehouse. But for us, it became a special place of self-development. Upon those principles and ideals, a community was built.

Fast-forward to today and Metroflex LBC is thriving. It's become an icon for hardcore training in Southern California. Through the use of social media and YouTube, we spread our message and vision around the world, touching 10 million collective viewers every month. As an authority on unique, progressive training, I intend on sharing what I've learned and what our athletes have applied to ensure success. **IM**



Courtesy of Metroflex LBC

# Star Search

Photos by Ron Avidan and Dave Liberman

## Veterans and newcomers alike share the limelight at the 2015 NPC Bodybuilding.com West Coast Classic Championships

Two fellas who put their hat in the ring at the very last minute led the honor roll call at the 2015 NPC Bodybuilding.com West Coast Classic Championships, held June 27 at Ingalls Auditorium on the campus of East Los Angeles College.

Kali Muscle, the owner of three overall titles but perhaps more known for his work in national commercials, decided to enter the contest about a week out. The 5'9", 240-pounder from Burbank, California, ended up encountering more traffic than he imagined when heavyweight winner Derek Duszynski put the pedal down and almost edged him at the finish line.

In the end, though, it was Muscle who came out on top by a single digit to capture the Overall title. Duszynski, a 6'0" 224-pounder from Los Angeles, the 2011 WCC overall champion, was at his all-time best and got a couple of first-place votes. Also fighting in the overall battle were class winners George Thibault (light-heavyweight), Nhon Ly (middleweight), Ruben Cervantes (lightweight) and 18-year-old Jonathan Bejarano (bantamweight).

Sergi Constance is a rookie in the NPC, albeit not a newbie to the Men's Physique stage. The 27-year-old Spaniard is a former WBFF (World Beauty Fitness and Fashion) world champion who wisely decided his best shot at fame and fortune would be to switch to the NPC.

A 6'1", 205-pounder, Constance made his NPC debut a week earlier, winning the Flex Lewis Classic. But *Iron Man* publisher Binais Begovic had been encouraging Constance to enter the WCC weeks before. I joined Begovic in the recruiting process, but



Kali takes home the win at the Classic!



Derek Duszynski

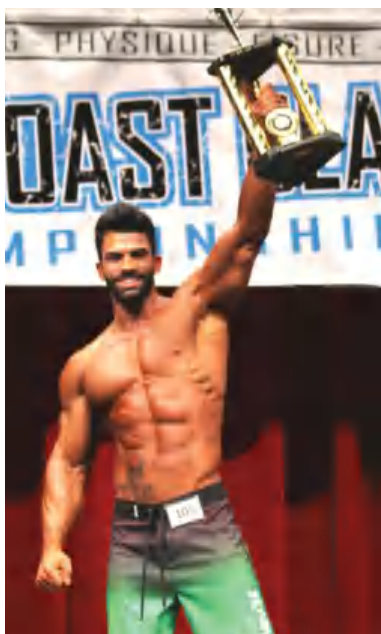
Kali Muscle

Kali ended up encountering more traffic than he imagined when heavyweight winner Derek Duszynski put the pedal down and almost edged him at the finish line.



Overall posedown (left to right): George Thibault, Derek Duszynski, Nhon Ly, Kali Muscle, Ruben Cervantes, Jonathan Bejarano



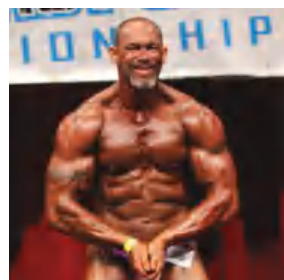


Sergi Constance

The 27-year-old Spaniard is a former WBFF (World Beauty Fitness and Fashion) world champion who wisely decided his best shot at fame and fortune would be to switch to the NPC.



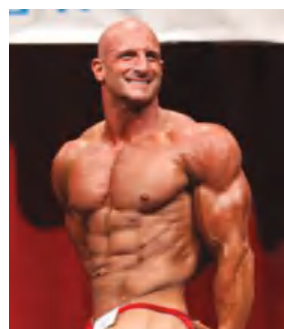
Overall in Men's Physique (left to right): Corrie Bertley, Joseph Smith, Sergi Constance, Michael Padgett



Jay Bartlett



Rocky Nehk and Jeff Behar



Chris Minnes



Brian Sheehy

no luck—until Dave Liberman came into the picture, that is. After an hour, Liberman convinced Constance to compete. One day later, Constance had added the WCC crown to his NPC résumé, besting Michael Padgett (Class A), Corrie Bertley (Class B) and Joseph Smith (Class C) in the process.

### Samuel's Gold Medal Proposal

In the 40+ division, 240-pound Jay Bartlett, second to Muscle in the superheavyweight class, outpointed Scott Samuel to win the division. But Samuel might have scored the biggest victory of the evening when he successfully proposed to his lady, Jennifer Vaughn, on-stage immediately after Vaughn finished second in her class in the Figure B competition.

Rocky Nehk, who won the 50+ at the WCC in 2011, and was second in 2014, fought off the strong competition of Jeff Behar to nab his second title.

In the Novice division, Chris Minnes, 36, a 5'11", 215-pounder from Marina del Rey, California, took the Heavyweight and Overall crowns (defeating class winners Bejarano and JP Lopez) as well as finishing fourth in an extremely competitive open heavyweight class. Brian Sheehy, the teenage victor in 2013, showed off a vastly improved physique this season as the 5'9", 188-pounder from Murrieta, California, not only repeated his win in that class but also placed third in the open lightweight division.

In the Novice Men's Physique competition, Smith nabbed Class B and the Overall besting Class A champion Padgett, while Bertley upset Mario Frazier in the 35+ class. Frazier did, however, take home the first-place trophy in the 40+ class.

As impressive as anybody in the entire contest was stunning Women's Physique winner Edilma Vasconcelos, the Brazilian national champion who finished third in the category at last year's super-competitive Arnold Amateur.

### Wilcox, Zamboli Top Figure, Bikini Lineups

Last year Alexandra Wilcox finished sixth in Figure Class A at the WCC. The 22-year-old wasn't about to let history repeat itself. Wilcox not only scored a unanimous victory in her division, but she also defeated Class B champion Julie Coffman to win the overall title. Coffman, a symmetrical 5'9", 150-pounder, also had a big weekend, winning the 35+ overall before taking her class in the open competition.

Diane Nguyen, a 5'2", 116-pounder out of Granada Hills, California, repeated her victory of 2014 in the 45+ category; the 49-year-old finished only behind Wilcox in the Open Class A division.

In the battle for top Bikini honors, it was an auspicious debut for Tiffania Zamboli. The 5'4", 116-pounder from Lemon Grove, California, made a huge splash in her very first show, winning unanimously in her Class, C, and topping the field in the overall balloting.

In the process, Zamboli, 29, held off the formidable competition from Class A winner Denise Banks, Class B champion Diane Gilbert, Class D titlist Glenn-Marie Endris, Class E victor Tiffany Hendy and Division F winner Evina Luna. The 5'11", 125-pound Luna also won her class at the 2013 WCC.

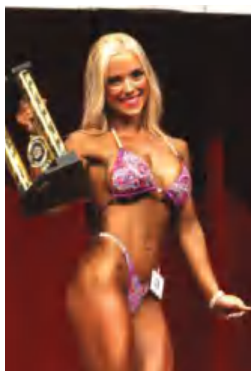
Cheryl Sweeney, a 5'6", 121-pounder from Los Angeles, led the way in the Novice division, taking the C class before outpointing impressive class winners

LONNIE  
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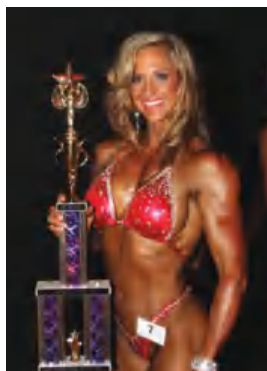
# SAVED NEWS & VIEWS

Gilbert (A), Cristy Abarca (B), and Jewelyn Merrill (D) to nab the overall crown.

In the 35+ category, Dana-Li Dung, a 5'3", 117-pounder who made the trip all the way from Honolulu, Hawaii, won Class A and the overall against Division B champ Samantha Mansell.



Alexandra Wilcox



Julie Coffman



Diane Nguyen

## 2015 Olympia Report

As readers of this space know, I'm picking Phil Heath to make it five wins in a row at the upcoming 2015 Mr. Olympia shebang. I've written that Heath has not been at his best since 2011, but all he has to be is superior to the people standing next to him.

So are you ready for this? I'm going on record right now predicting that "the Gift," barring any major injuries or setbacks, will become the all-time record holder in 2020 when he nabs his 10th Sandow.

At 5'9" and about 240 pounds on-stage (he will claim 248, of course), Heath presents a package of aesthetic, balanced and conditioned muscle that, when on his game, is too much for his rivals to overcome.

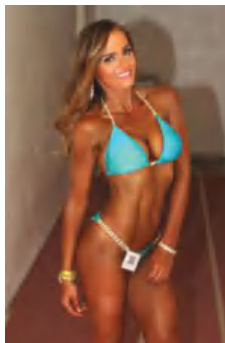
Heath will be 40 in 2020. At one time I would have advised him to hang it up, until Dexter Jackson, who turns 46 in November, proved body-builders can be at their best well into their 40s. Shoot, leading challengers Kai Greene and Shawn Rhoden are 40 and still at the top of their game.

I reported that Greene pushed Heath to the limit in 2013 and that the score was a lot closer than the unanimous scorecard showed. Greene's supporters raged that the champion received an early Christmas present. But I can't agree that it was the wrong decision; Heath did get caught up in the "I need to be bigger" syndrome, losing detail and expanding his waistline, but his overall balance was able to still carry him to the winner's circle.

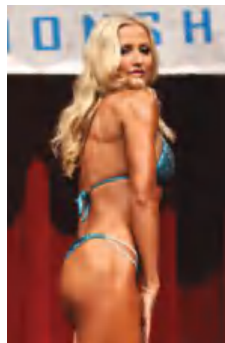
To contact Lonnie Teper about material possibly pertinent to News & Views, write to 1613 Chelsea Road, #266, San Marino, CA 91108, or send e-mail to [tepernews@aol.com](mailto:tepernews@aol.com).



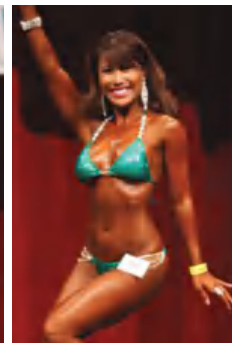
Open Bikini posedown (left to right): Evina Luna, Tiffany Hendy, Tiffania Zamboli, Glenn-Marie Endris, Denise Banks, Diane Gilbert



Tiffania Zamboli



Cheryl Sweeney



Dana-Li Dung



Ron Avidan

I've written that Heath has not been at his best since 2011, but all he has to be is superior to the people standing next to him.





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## ○ AGE AGAINST THE MACHINE

by Brett Osborn, DO, FAANS, CSCS, & Jay Campbell

An unexamined life can cause as much damage as a poor diet and lack of exercise.

So you've been reading *Iron Man* and training hard for years now, and both your workouts and nutrition are dialed in. Members of the opposite sex are taking notice as your age-group peers slip into indolence and mediocrity. Congratulations! It took dedication, persistence, and laser-like focus to amass that lean muscle.

But there's more to life than exercise and the latest designer protein source. What about the other aspects of your vast life? What are you doing outside of the gym to enhance your vitality, nurture brain development, continue your emotional development, and concomitantly impede

the degenerative disease known as "aging"? Are your habits conducive to optimal health and longevity?

Here are five concepts, that when given appropriate attention, can dramatically improve your health, well-being, and longevity. Each of them demand some time and effort on your part, but will pay back that investment tenfold.

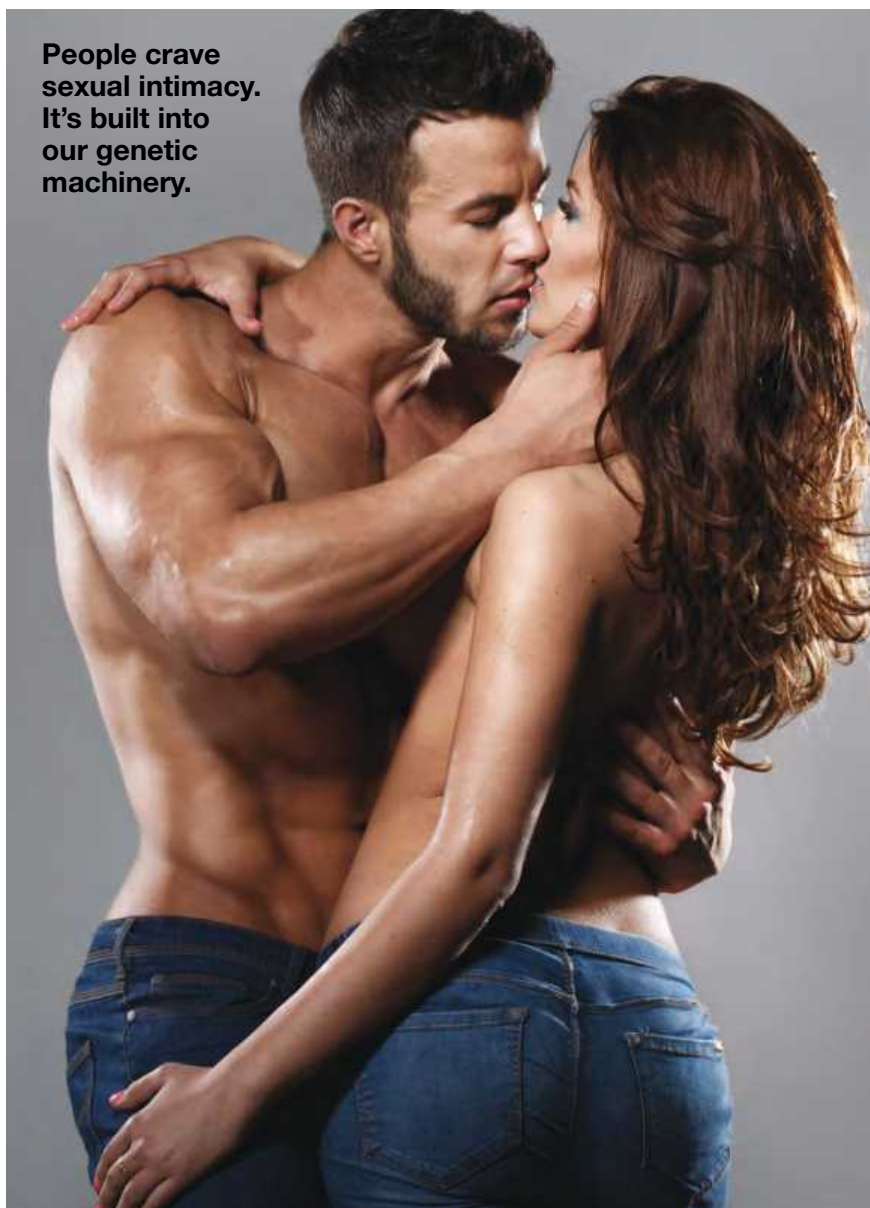
**Sex Life:** People crave sexual intimacy. It's built into our genetic machinery. Life often gets in the way, however, and desires sometimes remain unfulfilled amongst partners. Some may be satisfied (literally) with weekly intimacy, others not so

much. Regardless, become attuned to this frequency and make every effort to prioritize this often-lost physical aspect of your relationship. If need be, schedule time for sex. Mark your calendar with a weekly "date night" and allow yourself to be fully immersed in the experience. The moments after sex can be the most intimate, during which you can speak openly about your needs or feelings. It's cathartic.

**Sleep:** The importance of sleep can't be overstated. Obtaining adequate sleep is critical not only to brain but bodily health. Sleep clears the brain of toxic metabolites that are thought to be integral to the genesis of neurodegenerative diseases. Alzheimer's disease and age-related dementia are associated with sleep deprivation, as is obesity, which is proven to be related to chronically elevated cortisol levels. Poor sleep hygiene will retard your ability to recover from intense workouts. Without adequate sleep, you will fail to make expected gains and bring yourself to the threshold of overtraining. Even a brief foray into this accelerated state of aging, characterized by excessive free-radical release and unchecked bodily inflammation, can set your physical progress back months.

Make an effort to develop good sleep habits. First, shed any resident negative thoughts or emotions that may potentially disrupt your ability to fall asleep. Do not hit the sack harboring feelings of ill will toward your partner or co-worker. Have something to get off your chest? Don't procrastinate. Do it now! This eradication of consumptive thoughts will dramatically improve sleep induction. Next, disengage yourself from your network. Don't watch TV or browse on your iPad as you drift to sleep. Instead,

People crave sexual intimacy. It's built into our genetic machinery.







*Disengage yourself from your network. Don't watch TV or browse on your iPad as you drift to sleep. Instead, consider white noise, binaural beats, or sleep meditations to expedite your passage into dreamland.*

consider white noise, binaural beats, or sleep meditations to expedite your passage into dreamland.

**Positive Mindset:** How do you tackle the rigors of everyday life? Are you focused or easily derailed when faced with multiple tasks? Do you perceive these as impassos or mere bumps in the road? Your response is dictated wholly by perception and attitude. The development of a positive and productive mindset requires practice. It is a learned response to adversity and reinforced by progressive, goal-directed resistance training. We all have bad days during which we feel overwhelmed by negative emotions. Those of us who can override these feelings of negativity, however, choosing instead to be positive and resourceful, will weather the proverbial storm. How do you prepare yourself for a big lift attempt? Do you think of a flower pasture? Doubtful. Most people conjure up images that stir emotions

(brain surgeons call this limbic system activation), and use that mental energy to vault performance to new heights. Just watch an elite powerlifter before attempting a new PR.

Apply this same principle outside the gym. Practice channeling negative energy into authoritative action. Eliminate thoughtless reaction. Life will often deal you a rough hand of seemingly insurmountable obstacles. See these as necessary stepping-stones to success as opportunities for advancement. Eliminate pitiful questions like, "Why me?" or "When are they going to stop doing this to me?" Instead, maintain a positive mindset in the face of adversity. Psychological stress, in addition to being a performance detractor, can also have deleterious effects on your body's biochemistry, compromising your immune system and predisposing you to a variety of ailments.

**Stress Management:** Life isn't stressful. Life *is* stress. Ask yourself: Are you managing your stress, or is your stress mastering you? A stressful existence accelerates the development of coronary artery, cerebrovascular, and other age-related diseases. Chronic stress kills, plain and simple. And it takes its toll surreptitiously, flying under the radar like a stealth bomber on a nighttime mission, wreaking havoc on the body without mercy. It is frightfully intangible. Stress is one of those "silent killers" like hypertension. It should come as no surprise to learn that these two disease states are so often associated with one another.

We challenge you to keep stress in check. Develop a well-conceived plan to address life's curveballs. Execute. Act. Don't react. Engage people who may have had similar experiences. Consider alternate stress management techniques. Meditate, take a nature walk, visit your place of worship, or help someone in need. Pay attention to those things for which you are grateful in this life.

**Optimal Hormonal Balance:** This is absolutely crucial for any aging man or woman. Without healthy levels of testosterone and estrogen, many will lack energy, focus and vigor, and experience a significant decline in lean body mass. Remember, one's resilience to disease is a function of your muscle mass. It's a fact that men and women face declining hormonal levels as they age. Does the aging process cause testosterone levels to decline, or is the aging process driven, to an extent, by declining hormone levels? No matter. Restoring hormones to optimal levels will dramatically improve mood, focus, and overall performance in many elements of your life. As a hormone-therapy patient and the author of the upcoming book *The Definitive Testosterone Replacement Therapy MANUAL: Your Blueprint For Body, Mind And Life Optimization*, I can attest to the improved quality of life from treatment by progressive and well-informed physicians.

All of the described lifestyle factors serve to optimize your biochemistry. Good sleep hygiene and sexual intimacy reduce the damage induced by elevated cortisol. Stress management helps quell bodily inflammation. Same for mindset training. The modalities you choose are personal, whether it is meditation, yoga, counseling, or even riding your motorcycle. If it'll accomplish the goal of mitigating the elements so integral to the aging process, then pursue it. Remember, health and longevity starts from the inside out. Ultimately it boils down to biochemistry. You just have to send your body the right signals. **IM**

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Every time you have an argument, pay bills, drive in traffic, stub your toe or work out, your body pumps out cortisol that eats muscle tissue like a blowtorch melts through butter.<sup>2</sup>

So any stressful situation—even lifting weights—turns on your fight-or-flight juices, and your muscle can melt away in a cortisol fireball. What a waste—literally...

And that's exactly why so many bodybuilders resort to steroids. Those drugs partially block cortisol, making it much, much easier to pack on rock-hard, seam-splitting beef. According to researchers:

“[Steroids] bind with glucocorticoid cell receptors, those that interact with cortisol—and that tilts the balance toward anabolism.”

In other words, if you partially block cortisol, you're automatically in the muscle-building money big time! And that's precisely what PS, does—it controls cortisol and stops muscle wasting in its tracks so you stay fully anabolic and keep adding layer after layer of new mass!

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Studies show that PS taken orally can decrease cortisol by more than 30 percent after intense exercise, either endurance<sup>3</sup> or weight training.<sup>4</sup> That can result in pounds of new muscle mass filling out your frame before you can say, “No, I don't use 'roids, but thanks for asking.”



PS works! In fact, there's a book written about it, *Phosphatidylserine: Promise for Athletic Performance*, by Edmund Burke, Ph.D., and Thomas Fahey, Ed.D., and these respected researchers conclude:

“As far as the effect of PS on corticosteroids is concerned, it can be used as a natural substitute for anabolic steroids. PS depresses cortisol production, while anabolic steroids block the action of cortisol by cross-binding with the corticosteroid receptor site.”<sup>1</sup>

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## References

<sup>1</sup> Burke, E.R.; Fahey, T.D. (1998). *Phosphatidylserine (PS): Promise for Athletic Performance*. Keats Publishing.

<sup>2</sup> Mulligan, S.E., et al. (1996). *J Str Cond Res*. 10:(4): 256–262.

<sup>3</sup> Monteleone, P, et al. (1992). *Eur J Clin Pharm*. 41:385–388.

<sup>4</sup> Fahey, T.D.; Pearl, M.S. (1998). *Biol Sport*.





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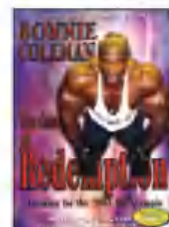
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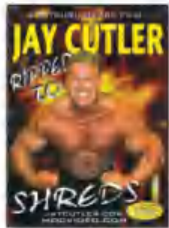
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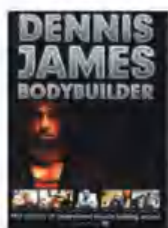
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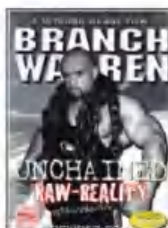
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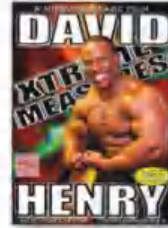
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Per Bernal

## The Wizard Of Oz

Thanks for the story on Sonny Brown. As a fellow Aussie, it feels good to see a countryman get some recognition. Fitness is a big deal in Australia, and it is getting bigger and bigger. CrossFit gyms are popping up all over the place, and we now have the Arnold Classic Australia. I bet Sonny Brown won't be the last Aussie on the cover of *Iron Man*.

—Kirk L., via e-mail

## All Fitness, All The Time

I have been a longtime reader of *Iron Man*, and I wanted to tell you that I'm so glad the magazine is still presenting real workouts with real athletes. It seems like every other fitness mag just covers pseudo-celebs or WWE wrestlers. Keep on keeping it real and I'll keep reading.

— Brent H., via e-mail

## Timing Is Everything

I don't have time to do 90-minute workouts. Please include more fast workouts. Everyone is busy these days. I want to know the best ways to train in 30 minutes or less, and how to have the energy to train after 12 hours of work. I think other readers would like this as well.

—Oscar N., via e-mail



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## Where's The Legs?

Are Physique contests the wave of the future? It's impossible to get excited about Men's Physique contests as long as their requirement is to wear boardshorts. Do these competitors have legs? We will never know. It is *Iron Man* magazine that taught me strong legs are a cornerstone of a great physique! In addition, a great physique has a definite flow from head to toe. This is completely obscured by the shorts. Remove the boardshorts requirement. Put competitors in posing trunks so we can fully appreciate the beauty and majesty of their physiques.

—Dave K., via e-mail

*Editor's Note: We hear this sentiment quite a bit, and we agree, to a point. No one likes to see a muscular torso on top of a pair of Hasselhoff legs. But the idea that Men's Physique athletes don't train their lower bodies is a false premise. All of these guys hit legs. Take a look at the social media of this issue's cover model, Anton Antipov. He posts pictures of his legs and they are serious. Same with Iron Man cover model Jason Poston. These guys might not be doing the legendary workouts of leg icons like Ronnie Coleman or Tom Platz, but they are putting in their hours in the squat rack. We don't know if the boardshorts are here to stay in Men's Physique (we don't make the rules for the NPC and the IFBB), but hardcore leg training will always be part of Iron Man.*

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